

Young Married Ladies



PRIVATE MEDICAL GUIDE

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THE
YOUNG MARRIED LADY'S
PRIVATE MEDICAL GUIDE.

TRANSLATED FROM THE FRENCH OF

P. C. DUNNE AND A. F. DERBOIS,
PROFESSORS OF OBSTETRICS AND DISEASES PECULIAR TO
FEMALES IN FRANCE, AND MEMBERS OF SEVERAL
MEDICAL AND SCIENTIFIC SOCIETIES, BOTH
CONTINENTAL AND FOREIGN.

WITH NOTES,

COMPILED FROM

THE PUBLIC WRITINGS AND PRIVATE TEACHINGS OF THOSE
EMINENT MEDICAL MEN,

DEVOTED TO

A STUDY OF THE PECULIAR ORGANS AND DISEASES OF FEMALES,
IN THE

BEST MEDICAL INSTITUTIONS IN EUROPE AND AMERICA.

BY

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SOCIETY OF LONDON; OF THE AMERICAN MEDICAL COLLEGE, ETC.

Sapere Aude.

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TO
THE YOUNG MARRIED LADIES
OF HIS BELOVED COUNTRY

The Translator and Compiler

MOST RESPECTFULLY
SUBMITS THIS LITTLE VOLUME,
WITH THE
SINCERE DESIRE THAT IT MAY PROMOTE THEIR
HEALTH AND HAPPINESS
IN THE
MOST ENDEARED AND TENDEREST RELATIONS
OF LIFE.

COMPILER'S PREFACE.

It may be said by some, that, in introducing subjects of the nature treated in this volume, the translator and compiler is treading upon interdicted, if not really dangerous, ground.

But it is not a little difficult to perceive either the force or propriety of the arguments used by those who allege that the peculiar physiology of the female system, and its diseases, form an improper subject for popular instruction, especially when that instruction is given directly to adult females themselves. From her position in the social scale, it seems but an act of humanity to make an effort for her instruction in some of the more common diseases that so constantly beset her, especially from that period when her system assumes the distinctive peculiarities of her sex to its often mournful close, when she drops prematurely into the grave, the victim of some of those numerous dis-

eases incident to that period of her life in which she was designed to fulfil the great object of her existence.

Who that has a heart to sympathize, or intelligence to weigh the fearful consequences of those great and popular errors in the physical education of young females which result in such degeneration from the evident design of nature, and such rare examples of physical perfection in their sex, can hesitate to desire most sincerely that she should be enlightened upon those immutable laws of her being, upon obedience to which her health and happiness so entirely depend? Who can suppress the sigh that involuntarily starts up in the breast on beholding a family of enfeebled offspring, too weak to resist the encroachments of infantile disease, tottering and withering beneath the slightest vicissitudes of atmospheric change, and constantly exciting the fears of an invalid mother for their very existence; while *she herself*, the unconscious cause of their ills, is scarce able, from exhaustion and debility, to maintain her position as their natural protector?

Who can describe the yearnings of that young mother's heart, when, alone with her own thoughts, she murmurs a silent prayer to Heaven for the preserva-

tion of those dear objects she is cherishing with her very blood, while her cheek is blanched into premature decay, the fearful result of a total want of knowledge of the everlasting and immutable laws of her nature — laws that she has unconsciously violated, in consequence of which insidious disease has been allowed to grow upon her, until the rose has left her cheek, and physical energy disappeared from her system, nevermore to return, but to be succeeded by debility, the sunken eye, and the pale, cadaverous cheek, upon which is soon seen the hectic blossom of a premature grave? In the momentous period of puberty she was left without a guide and a judicious instructor, in consequence of which disease manifested itself in her sexual system, slight at first, but the more securely fixed, from the peculiar portion of her frame in which it is located, and the delicate nature of the functions it impedes and deranges. She arrives at maturity, and should be physically prepared to fulfil the great end and object of her existence; becomes a wife, passes through the (to her) perilous periods of gestation and childbirth, only to beget unhealthy, enfeebled, and short-lived offspring, and to develop in their fearful power the existence of those weakening diseases

of which she is the victim, which interpose an immovable barrier to her ever begetting healthy issue, and which are to hurry her to an early and lamented grave. Would this have been the case if she had possessed a faithful guide for her conduct in the important situations in which she has been placed? Can it be improper to tell a rational mother how to unfold and explain to her beloved daughter the great end and object of those peculiar organs, and their mysterious powers, by which she is to be placed in a situation to fulfil the duties of a wife and mother — duties which her very instinct assures her, from the evident design of nature, she will be called upon to perform?

The heart of that man is not to be envied who can witness, without deepfelt and sincere emotions, the slow and insidious progress of those diseases which so often hurry the fair sex to mournful and untimely graves in early married life, and deprive their helpless infants of a mother's love. An instant conviction of duty flashes upon the feeling heart in witnessing such examples as meet the eye in all parts of our land. Truths that so nearly concern the welfare of those we love, notwithstanding the prejudices of so-

ciety, cannot be withheld with impunity, if stated in the language of sincerity and propriety.

But why should not the adult female be instructed in the physiology and laws of her own peculiar system? It is certain that the violation of these immutable laws in the early years of puberty deprive very many of the fair sex of health, and compel them to drag out a miserable existence in almost continual suffering and debility. It is no less certain, that the conditions which alone render the infant child vigorous and healthy at its birth, and enable it to advance to a happy maturity and long life, are neither understood nor regarded; yet they cannot be neglected with impunity. The distress of witnessing a suffering infancy cut short by an early death, just as the child was beginning to reward all the parent's care and anxiety, might be prevented in multitudes of cases. But the early *death* of the offspring is not the only penalty that must be paid; for, what is still worse, they survive only to struggle with all the consequences of weak constitutions, and to perish just as they begin to fulfil the hopes of friends. Or, if this does not happen, they carry through life a state of health which deprives their minds of elasticity, their hopes of se-

renity, and their life and duties of enjoyment. (*Report of Royal College of Physicians.*)

It is lamentably true that the young ladies of our land are not versed in that which essentially affects their happiness and welfare, in their physiological and medical instruction respecting *their own peculiar systems*. Females, in the early days of puberty, even, in very many instances, do not enjoy the full bloom, virgin freshness, and beauty belonging to a perfect condition of health. How often do we behold the pale, sallow, sickly female of sixteen or eighteen years suffering from wasting chronic disease, and preparing rapidly for the cold embrace of the tomb! To such, this little volume may reveal the secret cause of their ill health, and point them to the means which shall break up and remove their difficulties, and restore them to health and vigor.

This subject is one which embraces the social joys and comforts, the endearments of family and firesides, the health and well being of daughters, wives, and mothers, and therefore demands our most serious and candid attention. Every female who has arrived at puberty, whether married or unmarried; every young wife liable to become a mother; every female with

several children; every mother having a daughter; every husband who has his own happiness or the happiness of the companion of his bosom at heart, — should peruse attentively this little volume. Here the daughter, wife, or mother can learn to detect their own peculiar complaints, trace out the cause, and apply the remedy. This is vastly important; for how often does the young lady, from delicacy and the acute sensibilities of her nature, suffer in health, rather than mention her diseases to another, and especially to a medical man! and her numerous complaints, consequently, although trifling in their origin, and easily removed at first, become seated and confirmed in her constitution. How deplorable are the consequences arising either from neglect or ignorance in the treatment of females who are troubled with slight leucorrhœa, irregularity, or entire suppression of the menses, or monthly turns! from which spring that long train of exhausting diseases which make daughters and young wives sickly, and their offspring so short lived. Or, if this does not happen to the offspring, how often do they carry away the *seeds of consumption* and other *exhausting diseases*, as *keepsakes*, in consequence of disease in the mother, affecting her peculiar system!

And must not the young wife be informed of this, and directed to those means which will remove from herself and offspring such fearful evils?

It is the earnest desire of the authors, as well as the translator and compiler, of this work to extend to every female who has arrived at puberty, whether daughter, wife, or mother, *such information respecting the physiology of her own private organs*, their proper and healthy condition, as will enable her to judge of her *own* diseases, without offending the most delicate and sensitive feelings of woman's nature, by obliging her to consult another regarding complaints of so delicate a nature, at first trifling and insidious, but which, when neglected, result in blasted hopes, ruined health, infinite suffering, and a premature grave. Such is the sad history of very many of the fairest buds of promise among refined, intelligent, and educated society.

From the perusal of these pages, it is believed, every female, whether daughter, wife, or mother, will learn and comprehend the causes, the symptoms, and the remedies for those complaints to which she is liable, the nature and symptoms of which she may not be willing to disclose to another. Whether married or unmarried, she can compare her own feelings with the

symptoms described, and act in accordance with the mode of treatment pointed out. She will thus be exempt from those doubts, perplexities, and anxieties which spring from ignorance of the causes of her suffering, and be enabled to remove those complaints which will save her from years of suffering, miserable health, and from an untimely grave.

How often do we see young married ladies commence pregnancy in a state of mental suffering and anguish destructive to health, and shortening their days! How often do we see the young mother overwhelmed with grief and sorrow at the prospect of an increase to the number of her already helpless and needy children, or, perhaps, rapidly sinking to the grave from too frequent pregnancy, wearing out prematurely her constitution, and rendering her less able to perform the duties of wife and mother to those who so much need her care, and for whom she needs vigorous health! Could these wives and mothers know that *to suspend conception for a time is both safe and feasible*, would they not regard the use of such means a rich blessing, not only to themselves, but to their families?

How often do we meet with instances in which the wife bears children only at the imminent hazard of her

own life and that of her offspring! Or, perhaps, she gives birth to children invariably unhealthy, and incapable of enduring the ordinary diseases to which infancy is subject; so that, by our bills of mortality, we find at least two thirds of all the deaths occur in childhood. Let such wives and mothers know that to suspend conception, and use proper means to restore vigorous health to their own sexual organs, will enable them to become mothers of healthy children with comparative ease and comfort.

During pregnancy, many a wife lives in almost perpetual bodily suffering and misery, which may and should be prevented. By perusing this work, such will find important truths and valuable discoveries revealed, by which many an affectionate wife and valuable mother may be saved from a premature grave, and spared to bless her household, and society, and the church of God. How many young ladies marry, who, on becoming pregnant, sacrifice their health or jeopardize their lives! How many mothers have children so rapidly that they do not recover from one period of pregnancy before they are again in a family way, so frequently as to ruin their health and shorten their days! By perusing these pages,

such will learn that means have been discovered, and extensively used, by which *pregnancy, or conception, can be suspended or entirely prevented at will*—means at once safe, simple, effectual, and without deranging the healthy system, or in the least abridging marital rights and privileges.

The authors desire to make known to every married lady that means exist, and can be procured by all, by which *pregnancy can be effectually controlled at will*, with the reasons why it is often necessary to *prevent conception in many females*, and in very many more to *suspend it for a time, in consequence of feeble health or other causes*. Many of the circumstances under which it becomes a duty to do this, in the married state, are clearly pointed out, with *the reasons why conception should be suspended or prevented*, showing its morality, its benefits to the wife in promoting health and rendering vigorous the female system. Thus will the young married lady's health and happiness be greatly promoted; and, when she shall so desire, she will be capable of begetting healthy issue, and can expect to transmit a healthy constitution to her offspring.

In short, the authors and compiler sincerely believe

that to the young female budding into womanhood, to the affianced bride, or to the wife soon to become a mother, to mothers in feeble health and with a sinking constitution, and, finally, to every female, whether daughter, wife, or mother, the **YOUNG MARRIED LADY'S PRIVATE MEDICAL GUIDE** contains information of such paramount importance to the present health, and happiness, and future welfare of each, as to claim their serious and candid attention.

CONTENTS.

COMPILER'S PREFACE,	5
-------------------------------	---

CHAPTER I.

The Female sexual Organs. — Mons Veneris. — Its hairy Covering at Puberty. — Labia Pudenda Majora. — Uses. — Clitoris. — Its Uses. — Hymen. — Its Uses. — Vagina. — Its Nature and Uses. — Engraving exhibiting their true Position. — Diseases of external Organs. — Pruritus, or Itching. — Treatment. — Inflammations of the Vagina. — Tumors. — Treatment. — The Womb. — Its Size and Alterations. — Performs no Function until Puberty, . . .	25
--	----

CHAPTER II.

Menstruation. — Common to all healthy Females. — Its first Appearance. — Signs. — Appears at different Ages in different Countries. — Age of one of Mahomet's Wives. — Aristotle's Remarks. — New moral Affections and Emotions. — Severity and Quantity of Monthly Flow. — Appears every four Weeks. — Puberty and Menstruation coincide.	
--	--

— Changes in Female sexual System at Puberty. — Consequences of the Non-Appearance of this Function. — Case of Menstruation at sixth Year. — Conditions indispensable to healthy Menstruation. — Length of Time Females menstruate. — Remarkable Exceptions. — Madame de Staël, &c. — Importance of correct Instructions to Young Ladies, . 38

CHAPTER III.

Amenorrhœa. — The Non-Appearance of Monthly Turns at the proper Age. — Symptoms. — Chlorotic Girls. — Causes. — Treatment. — Mothers should give their Daughters correct Instruction relative to the Development and healthy Condition of their sexual Organs. — Serious Results from not possessing this Information. — The sexual System the Centre of Sympathies in the Female. — The Loss of Health in so many Young Ladies attributable to Want of correct Instruction in early Life. — Suppression of the Menses. — Treatment, 51

CHAPTER IV.

Dysmenorrhœa. — Painful or difficult Menstruation. — Symptoms. — Dr. Ashwell's Remarks. — Causes. — Treatment. — Origin of the Disease. — How it may be prevented, 60

CHAPTER V.

Menorrhagia. — Excessive Menstruation. — Three Forms of the Disease. — Often appears in quite young Girls. — More or less Clots of Blood always attend it. — Serious Consequences of the Disease. — Its insidious Nature. — Causes. — Treatment. — Offensive Menstruation. — How cured, . 64

CHAPTER VI.

Leucorrhœa, or the Whites. — Its Nature and Character. — Derbois' Female Compound. — Translator's Remarks. — Consequences of Leucorrhœa. — Means of preventing and curing this exhausting Complaint, 74

CHAPTER VII.

Sterility. — Its Character and Causes. — Results from neglected Leucorrhœa. — Importance of correct Instruction from Puberty. — Errors upon this Subject. — Results of neglected Leucorrhœa. — Advice to Young Ladies. — Unsuitable Marriages result in Sterility. — Plato's Observation. — Mons. Capuron's Statement. — Choice of a young English Lady. — Case of a beautiful young Lady, reported by Dr. Davis, of London. — Consequences of repeated Abortions. — Remarkable Cases by Dr. Oldham, of London. — The Lady from Jamaica. — Case by Dr. Golden Bird. — Case by Mr. Barnsby Cooper, with its unhappy Termination. — Means of preventing such serious Diseases, . . 82

CHAPTER VIII.

Effects of Leucorrhœa, or Whites. — Mistakes often made by Parents and others. — Consequences of this Disease to the young Wife. — To the Mother. — Means of Prevention from such serious Consequences, 102

CHAPTER IX.

Consequences of neglected Leucorrhœa and Menorrhagia. — Extract from a Letter by a Lady, describing her Case. —

Importance of early Instruction. — Cases of twelve young Ladies cured. — Case of Isabel N. — Another Letter from a New England Lady. — Letter from a young unmarried Lady. — Case of Menorrhagia in a young Girl. — Case reported by Dr. Dermold, of New York. — Guy's Hospital Reports, by Dr. Ashnell. — Statement of Dr. Davis, of London. — Cleopatra. — Young Ladies brought up in Cities. — Views of professional Men. — Important Advice to Mothers, 111

CHAPTER X.

Consequences of Leucorrhœa and Menorrhagia, continued. — Additional Cases reported by Dr. Ashnell, of London. — Statement of a Professor in Medical College, in Philadelphia. — Duration of Leucorrhœa astonishing. — Report by M. D'Espine. — Mr. Fenner's remarkable Case at Islington. — Case of Mrs. J——, in Guy's Hospital. — Injurious Effects of using Napkins to absorb Monthly and other Discharges. — Case of Marianne B——, of London. — Cases reported from Paris, by M. Tealier. — Consequences of Leucorrhœa upon the Husband often, 129

CHAPTER XI.

Conception. — What is necessary to its Occurrence. — Effects of sexual Intercourse. — At first painful. — Conception often results from first sexual Embrace in the newly-married Lady. — Size of Womb in the Virgin, by Dr. Montgomery. — Its remarkable Increase after Conception, as given by Leviet. — Changes the first, second, third Months, &c. — Position of the Womb at various Months. — Conception a physiological Act. — Liable to occur after sexual Union at any Period, 142

CHAPTER XII.

Signs of Pregnancy. — Immediate Change in the Womb after Conception. — Suppression of Monthly Flow. — Sickness and Vomiting. — Enlargement of the Breast. — Change in the Size and Appearance around the Nipples. — Depravation, or Loss of Appetite. — Enlargement of the Abdomen. — Quickening. — Motion of the Child. — Projection of the Navel. — Unusual Sleepiness. — Frightful Dreams. — Anomalous and irregular Symptoms, 148

CHAPTER XIII.

Diseases of Pregnancy. — Sickness and Vomiting. — Treatment. — Very common but erroneous Opinions. — Directions to Females during Pregnancy to guard against Disease in themselves and render their Offspring healthy. — Jaundice. — Piles. — Difficulty of making Water. — Treatment, 154

CHAPTER XIV.

Confinement, or Birth of the Child. — Time when this takes Place. — Natural Labors. — Labor Pains. — False Pains. — First and second Stage of Labor. — Birth of Child. — Expulsion of Afterbirth. — Important Directions to the new made Mother, 158

CHAPTER XV.

Diseases of Infancy. — How they may be prevented. — Derangements of the Stomach and Bowels. — Colic of early Infancy. — Causes and Treatment. — Intestinal Worms, of

two Kinds only. — How they may be removed. — Infantile Sore Mouth. — Teething. — Manner in which the Teeth appear. — Directions, 162

CHAPTER XVI.

Necessity of careful Ablutions to the sexual Organs of young Girls, to avoid serious Consequences. — Woful Results of Self-Excitement and Self-Pollution as manifested in young Girls often. — Testimony of Dr. Woodward. — Symptoms of this Habit. — Address before the Massachusetts Medical Society. — A Case of the sad Results of this Habit. — Dr. Golden Bird's Case. — Case of a married Lady. — Dr. Clarke's Testimony. — Important Suggestions and Considerations for Mothers, 168

CHAPTER XVII.

Suspension of Conception. — Preliminary Remarks. — Testimony of Dr. Oldham, Obstetric Physician in Guy's Hospital, London. — Other Testimony. — Importance of suspending Conception for a Time in many Cases, or altogether preventing it. — Cases in which this is clearly necessary. — Health in the Female sexual System indispensable to healthy Offspring. — Remarks about Physicians, . 178

CHAPTER XVIII.

Suspension of Conception, continued. — Cases showing its Importance and Propriety. — Dangers that beset Young Men. — Temptations to which Young Ladies are often exposed. — Importance of early Marriages. — Benefits of early Marriages to both Male and Female. — Errors respecting the Time when Females are not liable to become

impregnated. — Cases by Dr. Oldham and Dr. Golden Bird, of London. — Mosaic Law. — Testimony of a Jewish Physician. — Time during which sexual Intercourse is not permitted by strict Jewesses. — Conception liable to occur from any Act of sexual Intercourse, irrespective of the Monthly Periods, 196

CHAPTER XIX.

Prevention of Conception. — Indispensable that Pregnancy should be prevented in certain Cases. — Cases cited, with the woful Consequences of not preventing Conception. — Means by which this may be accomplished. — Certainty and Safety of preventing or suspending Conception, . . . 210

CHAPTER XX.

Prevention of Conception, continued. — The Means used to accomplish this restore Health to diseased Female Organs. — Diseases transmitted from Parent to Child. — Control over Reproduction not withheld from us. — Answer to Objections against preventing Conception. — Extracts from Letters received. — Effects of the Use of these Means in Europe, 222

CHAPTER XXI.

Extracts from various Letters received from Ladies of high Character and Worth in New England, in Philadelphia, &c., urging the great Necessity of some simple yet safe Means of preventing or suspending Conception, to be placed in the Hands of Wives and Mothers. — Their Views of the indispensable Importance of this Subject. — Cases in Illustration, 233

CHAPTER XXII.

Answer to some of the Objections against preventing Conception in Married Ladies. — It does not interfere with the established Order of Nature. — To suspend or prevent Conception will promote Morality. — Encourage early Marriages. — It will improve Society socially. — It is physiologically beneficial to Society and Individuals to control and regulate Conception at will, 248

CHAPTER XXIII.

Miscarriage and premature Labor defined and explained. — Essential Cause of Miscarriage and exciting Causes numerous. — Continued Leucorrhœa a most common Cause. — All exciting Causes fail in some Cases. — Medicines, and their supposed Efficacy in producing Miscarriage. — The Dangers to which all Ladies are exposed who use Means to procure Abortion. — Consequences of frequent Miscarriage to the Mother and Offspring. — Means to prevent Miscarriage when its Symptoms exist. — Hereditary transmission of Disease. — Influence of the Mother upon her Offspring. — Importance of proper Care and judicious medical Treatment, 259

APPENDIX, 265

YOUNG MARRIED LADY'S PRIVATE MEDICAL GUIDE.

CHAPTER I.

FEMALE SEXUAL ORGANS. — MONS VENERIS. — LABIA PUDENDA MAJORA. — CLITORIS. — HYMEN. — VAGINA. — THEIR PECULIAR DISEASES. — THE WOMB. — ITS DISEASES.

THE external genital organs of the female consist in what is denominated the Mons Veneris, the Labia Pudenda Majora, the Clitoris, the external orifice of the Urethra, or Bladder, the Frænum, and the Hymen.

THE MONS VENERIS. — This name has been given to the prominent part of the female frame, situated between each groin, and immediately above the orifice of the genital opening. The extent and fulness of this prominence vary much with the age, size, and

form of different females. It principally consists of common fleshy substance, which at this part is very thick and strong — and dense cellular tissue, which is usually charged with an abundant quantity of fat. Added to these are numerous glands, for the secretion of the soft down and hair, with which, at proper periods of life, these parts are covered. This growth of hair, forming a hairy covering to the mons veneris, is the distinction acquired by each young girl at the age of puberty. The color of the hair, and its quantity and strength, are subject to great variation in different individuals; it being in some young ladies very abundant and soft, forming a pillowy covering of great delicacy and of a dark color; in others it is much more scanty, of lighter color, and scarcely covering the parts.

THE LABIA PUDENDA MAJORA.—Below, and in front, the mons veneris becomes divided into two parallel and equal columns, of a soft, delicate, fleshy structure, which are called Labia Pudenda Majora. These constitute the boundaries, externally, and on each side of the vulva or genital opening. The texture of the skin which constitutes the lateral boundaries of this opening is usually very soft and delicate, having glands, as the mons veneris, for the secretion and growth of hair, and, in addition, what are called sebaceous glands.

In young and healthy females, and in the corpulent of all ages, the labia are generally firm and well devel-

oped. In rare cases are they small and slender, as if consisting of mere folds of fleshy tissue; while in other cases they seem more voluminous, but shrunk and shrivelled, as is the case in ladies when they become advanced in life. The labia, in a healthy state, are of equal length, parallel to each other, consisting of cellular tissue, more delicate and spongy than in other parts of the body; and in common attitudes of the female, their internal surfaces are in mutual apposition — an oleaginous liquid being secreted from the mucous tissues to guard against the effects of friction.

The uses of the labia are to contribute, with other tissues, to fill up and give suitable symmetry and finish to the architecture of the inferior aperture of the pelvis, and to afford protection against the intrusion of cold air and other noxious influences, and to supply the passage to and from the womb with such an opening as would be agreeable to the demands of its numerous and admirable functions.

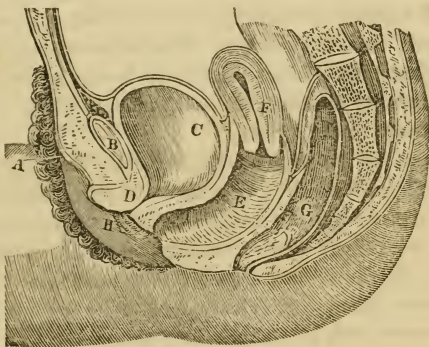
THE CLITORIS. — The clitoris is a peculiarly sexual organ, similar in its structure and uses to the male organ. Lying within and near the upper portion of the labia, directly above and in front of the passage to the bladder, or urinary opening, is this highly cellular, delicate, and vascular organ, susceptible of influences from the passions, the interests of which it is supposed especially designed to subserve. The principal use of the clitoris is, unquestionably, to contribute a large

share, and perhaps the greater part, of the pleasure and gratification which the female experiences from sexual intercourse.

THE HYMEN. — The hymen is a membranous structure, which is situated at the entrance of the vagina, or passage leading to the womb, and serves as a boundary between that passage and the external genital vulva. In the virgin state of the female, it narrows very much the opening into the vagina; and when, at the first sexual intercourse, it becomes ruptured, as it inevitably must, it is attended with a slight discharge of blood. It may, indeed, be ruptured by other causes than by the first sexual embrace. The uses of the hymen are, to narrow the capacity of the external orifice, to protect the vagina against the intrusion of nuisances from whatever kind, and to guard it, no doubt, against the sudden, forcible, or premature invasion of the rights of sexual purity and connubial fidelity.

THE VAGINA. — This is the sexual passage which extends between the vulva, or labia, and the womb, situated between the bladder in front and the rectum behind. (*See opposite page.*)

The walls of the vagina are admirably susceptible of development, according to the demands made upon them. The internal surface of the vagina is lined with a mucous membrane, which is remarkable for this peculiarity, of being much puckered or wrinkled into shallow folds. Interspersed among these folds, and



The above engraving represents a lateral view of the Female Pelvis, represented as lying upon the right side, with the left hip removed directly through the centre of the body. *A* represents the situation of the Mons Veneris, with its hairy covering; *B*, the Pubic, or front bone; *C*, the Bladder; *D*, the Urethra, or opening through which the water is passed; *E*, the Vagina, or passage to the womb; *F*, the Womb, or Uterus; *G*, the Rectum, or the lower extremity of the bowel; *H*, the Labia Pudenda Majora.

immediately under a most delicate skin, are situated a great number of minute glands, which serve to secrete protective and lubricating fluids, adapted to the special wants and functions of this passage. The length of this passage, anteriorly, is about four inches, when in a state of repose; posteriorly, it is at least six inches and a half or seven inches. The narrowest part of the vaginal tube is at its inferior or lower extremity; when in the virgin state, it is still more contracted by the presence of the hymen.

The uses of the vagina are manifold. In the young lady, it forms the outlet by which the menstrual fluid is discharged from the system in the monthly turns; it is also exclusively the medium of communication between the sexes, on the part of the female, and it is the passage through which the fruit of conception has to be transmitted, in its exit into the world. It also becomes the great outlet, in the female, not only of the monthly discharge, whether healthy or unhealthy, but *of all sexual impurities, and also all other morbid or diseased secretions.*

DISEASES OF THE EXTERNAL ORGANS OF THE FEMALE. — Quite young children are often troubled with a very disagreeable itching and tickling in their external organs, the labia, &c. This oftentimes becomes excessively troublesome, to relieve which the innocent creatures will rub those parts with their hands, cross and chafe their legs together, &c. Their kind

parents often reprimand them for this, without once thinking of the cause. This itching and pruritus, as it is called, is the result of small worms in the intestines, and the difficulty cannot be removed while they remain. An injection of strong thoroughwort tea and molasses, used warm, to the bowels, will usually afford immediate relief, by removing the worms. The free use of sweet or olive oil and molasses, in tablespoonful doses, every morning, is also very useful in removing these troublesome creatures. If the irritation has been excessive in the labia, the parts should be freely washed in cold water or mild soapsuds. This treatment will usually afford immediate relief.

Young ladies, about the time of the commencement of the menstrual flow, or their regular turns, are often troubled with a severe pruritus, or itching of the external genital organs, which may become very intense. Prompted by the noble feelings of their nature, and with becoming modesty, they often bear a difficulty through the following years, and often until after marriage, before they disclose their sufferings even to a physician. This difficulty does not follow them constantly, but recurs at intervals of greater or less length of time; and in many cases which have come under treatment of the authors, it has been attended with very great suffering. This is supposed to be dependent upon a peculiar condition of the blood, or humor; and young ladies can effectually relieve themselves of

this difficulty by frequently washing those parts with weak saleratus or soda and spring water, cool, but not cold. No soap should be used about the private parts in this disease. The free and repeated washing of the labia in this manner has uniformly relieved this excessively annoying and peculiarly distressing complaint to the modest and lovely female.

Enlargements of the labia, from injuries, inflammation, and dropsy, are *rare affections*, and, if severe, require the attention of a skilful physician.

A large and numerous class of diseases incident to the external genital organs of the female, which have their origin in VENEREAL IMPURITIES, it is not proposed to treat in this work. This work is prepared expressly for the benefit of young ladies of modest virtue, for whose welfare the authors feel a deep interest, and an earnest desire to relieve what every truly virtuous young lady, of refined and delicate feelings, would prefer to bear in silence, rather than describe to another. This commendable modesty and patience they would honor and approve, while they seek to relieve and cure by placing a book in the young lady's hands, for *her own benefit entirely*, by which she may be enabled to remove these troublesome affections.

There is a pruritus, or itching of the genital organs, which arises from herpes, which is excessively annoying. Herpes is an eruption of small red vesicles, or pimples, in and about the vulva, extending within the

vagina, in some cases. This occurs in married women during pregnancy, most generally. In this case, warm topical applications, as saleratus in blood-warm water, as mentioned above, afford the only chance of relief. Fomentations of hops, or poppy leaves, are also of great service in this exceedingly painful and distressing affection.

DISEASES OF THE VAGINA. — All young ladies are liable to diseases of the organs peculiar to their sex; and often, in an extensive practice, have the authors known cases in which young females have borne their sufferings in silence, from that commendable modesty which is at once the beauty and ornament of the fair sex. And it is with the hope of aiding and encouraging that evidence of moral sensibility and female modesty, by placing in their hands a book for their own private use, which they may consult, and from which they may learn the nature, character, symptoms, and tendencies of their own private diseases, together with the means of *relieving themselves*, without consulting another, that has induced the authors to prepare this work. If they succeed in their object, they are confident they will receive the thanks of all modest, virtuous, and pure-minded young ladies who may peruse this unpretending little volume.

The vagina is liable to inflammations, both acute and chronic. Inflammation of the vagina, when se-

vere, usually commences with a slight chill, followed by a sense of coldness of the loins and the inner portion of the thighs, and particularly of the labia pudendi themselves. This is followed by a feeling of heat; each side of the vulva and of the vagina becomes painful and swollen; a difficulty is experienced in discharging the urine; the action of walking is attended with much pain, and is sometimes impracticable. There is often a bloody-like discharge, of an exceedingly offensive odor, and very irritating or smarting.

This disease is often the consequence of a severe cold, taken immediately after or during the time of the existence of the monthly period. Excessive labor and fatigue will also produce this disease. Warm fomentations should be applied when the chill first appears, together with bathing the feet in hot water freely, with a free use of hot, sweating teas. This treatment will usually remove the disease at once, if it be resorted to in season. Warm poultices of bread and milk, or slippery elm, are often of the greatest service in this disease. Rest, and warmth applied to the private parts, are *indispensable*.

POLYPUS and TUMORS may sometimes be found in the vagina; when they exist, they offer a serious obstacle to the enjoyment of intercourse with the other sex; and a skilful surgeon should be consulted, although the difficulty be one of such a delicate nature.

THE WOMB, OR UTERUS. — The womb is the principal organ of reproduction in the female. It is situated immediately between the bladder in front and the rectum behind, and fixed in its proper situation by its fleshy connections with the bladder and the vagina. In its connection with the vagina, by a texture exceedingly distensible, as is the connection with the bladder, it is exposed, even in young and unmarried ladies, to considerable and constant changes of position. Falls, efforts to lift heavy weights, violent exertion of the body, accidental injuries, may serve to cause great, and sometimes very painful, changes in the position of the womb. In its ordinary state it contains a small cavity, which is exceedingly enlarged, after conception has taken place, to accommodate the increasing development of the child. The figure of the virgin or unimpregnated womb may be compared to a moderate-sized pear, inverted and slightly compressed. It has, by some, been compared to an inverted wine flask. Its entire length, after having been fully developed at the period of puberty, is about three inches; its breadth nearly two inches; and the thickness of its anterior and posterior surfaces, combined, something less than one inch.

The several dimensions of the womb in young ladies vary greatly in different subjects, apparently similar in other circumstances, of age, stature, size of body, &c. During infancy and childhood it is quite

small; it rapidly increases in size at the age of puberty, about the time the monthly turns appear, and continues gradually increasing in size, until the young lady arrives at the period of the fullest and most perfect development of her sexual organs or private parts. After that period of life when the monthly turns cease the private parts begin to wither, and are very much reduced in size, fulness, and elasticity in advanced old age. The flexibility, the soft and delicate elasticity and rounded fulness of the external organs, also diminish rapidly as the lady advances in life.

The womb does not appear to perform any functions, or be subservient to any direct uses, during infancy and childhood. Until the age of puberty, it merely occupies its allotted place in the female system. On the accession of puberty, however, it becomes the subject of certain changes and developments, in consequence of which, in connection with other coöperating influences, it arrives at the full possession of its sexual attributes. Of these attributes, one of the most remarkable and important is the function of menstruation, to the consideration of which we now direct the attention of our young female friends.

The regular performance of this function is of the *utmost importance* to the health of every young lady, and a correct knowledge of its nature and manifesta-

tions to every young female in our land cannot be too earnestly recommended. Its occurrence, its symptoms, its pains, and its diseases are hers to bear, often in silence, and *without sympathy*. Her retiring modesty, her noble and virtuous feelings, will not brook the thought of consulting another, even a physician, with reference to intense sufferings and her *peculiar distress*. For this angelic, this noble trait of female character, we honor, love, and esteem her.

But we also *sympathize with her*; and having seen so much suffering and disease, in an extensive practice of more than a quarter of a century, arising from the complaints and sufferings peculiar to their sex, the authors have been induced to write this work, to be their own private companion and adviser — being the result of an extensive experience in these peculiar complaints, together with the scientific facts collected by the most learned and honorable practitioners and professors of midwifery, and diseases of females, in the best medical colleges in the civilized world. If what the authors shall say shall be the means of directing to a course which will result in relief, comfort, and happiness, with correct views of themselves, to the young ladies of our country, the gratitude of the community will be their rich reward.

CHAPTER II.

MENSTRUATION.

ITS NATURE. — CHARACTER AND SYMPTOMS. — PUBERTY AND ITS DEVELOPMENTS. — PHYSICAL CHANGES. — CAUSES WHICH RESULT IN TOO EARLY MENSTRUATION. — WHY RETARDED. — CESSATION OF MENSTRUATION. — IMPORTANCE OF UNDERSTANDING THE SUBJECT BY ALL FEMALES.

MENSTRUATION. — There commences, in all healthy young girls, at the period of puberty, an evacuation of a fluid, having the appearance of blood, from the genital organs of the female, which flows out gradually from the opening lips of the external labia, and continuing for three, four, or six days, attended or preceded by more or less pain. This discharge returns regularly at intervals during the entire period in which ladies possess the faculty of becoming impregnated, but is intermitted during pregnancy, and while nursing, and also from various diseases. Ladies, in all ages, in all countries, and in all stages of civiliza-

tion, have been subject to this same state of things, manifested through their peculiar organs.

This monthly discharge commences at puberty ; but the precise date of this period is subject to great variation. Some of the first indications of puberty consist of a sense of numbness and fulness about the groins, accompanied by slight pains about the joints, in many cases, called *growing pains*. Certain sensations of a peculiar kind, which cannot in reality be called sexual, are usually felt in the neighborhood of the external genitals, where small, whitish prominences now present themselves, innumerable, which are to become the seats of the forming hair, which soon constitutes a soft covering to the mons veneris, and the labia, or pudendal surfaces of the adult female, by which the sexual organs are more or less concealed and protected. The same hairy covering forms around the male organs of sexual intercourse, also. At this period a remarkable change usually takes place in the voice of both male and female. They often grow rapidly in height about this period, also. But those parts of the body which manifest the greatest increase of development, at the period of puberty, are the generative or sexual organs of BOTH SEXES.

The characteristic signs of the advent of puberty, in the female, are the appearance of the monthly turns, and the enlargement and development of the breasts.

The appearance of puberty presents itself considerably sooner in the female than in the male — varying much, however, with climate, and the general state of health, in the former. In hot countries, and among the wealthy residing in cities, who live at ease and in habits of plenitude and luxury, puberty occurs much earlier than in colder regions, where young girls are exposed to the contracting influences of cold, chilling temperature; in country villages, where they experience hardships, have scanty means, or perhaps are destitute. Hence the fact, that in the south of Europe girls arrive at puberty at or before the age of eleven years, while in colder regions the same appearances do not manifest themselves under fifteen years. In the hot climates of Asia and Africa, girls arrive at puberty at ten or even nine years of age often; yea, and are often married at that early age, and become mothers also. The celebrated false prophet Mahomet consummated his marriage with one of his wives “when she was only eight years old.”— *Prideaux's Life of Mahomet*, p. 30; 1718.

On the other hand, in Sweden, Norway, and a great part of Russia, the menstrual turn does not often commence until the ages of seventeen or eighteen years. The first precursory symptom of menstruation is manifested in the female breasts, which become sensibly fuller and firmer. Aristotle says, when the “breasts of females are raised two fingers in breadth, then in

most females the menses commence.”— *Book i. ch. 20.* The wisdom of this remark has been repeatedly demonstrated and proved by young ladies in all parts of the world and during all ages. The young subject experiences a sense of weight, of tension and heat, about the lower portion of the bowels, with a slight itching or tickling sensation about the external genitals, with a feeling of heaviness and lassitude. A whitish, slimy discharge, in small quantity, is found for the first time to distil from the vulva. This may continue for several days, or longer; but in the course of not many months, at farthest, the character of this discharge becomes more like blood. This constitutes the menstrual flow. The return of this period is subject often to some irregularity, at first.

In addition to these physical changes, our fair young girl becomes the subject, at this her “spring time of nature, the season of pleasures,” as it is beautifully denominated by the great French naturalist, of an entire class of moral affections and emotions, of which she has never before felt the influence. She becomes conscious of new attainments.

This first monthly discharge is sometimes attended by symptoms of great severity — exquisite headaches, painful stiffness of muscles about the neck, aching pains in the loins and inside of the thighs, heat, fulness, loss of appetite, and sometimes serious hysterical

symptoms. Sometimes there is bleeding from the nose even.

The quantity of this fluid discharged differs much in different subjects, ascribable to health, climate, temperament, mode of living, &c. Females who live in towns, and who frequently engage in the public pleasures of gay and fashionable society, exposed to all the temptations incident to the possession of whatever means may be adapted to exalt the imagination, to inflame the passions, and to abuse the appetites, are in most cases the subjects of precocious, profuse, and morbidly irregular menstrual discharges. The same is true of the idle and dissipated in all ranks of society. "All the arts," says Gardien, "such as music and painting, including that of design, excite vividly the imagination. Music especially, cultivated too exclusively and at too early a period, develops an extreme sensibility. It was to an imprudence of this kind that the English people attribute the death, on the approach of puberty, of both the daughters of Grétry, the celebrated musician."

Women of naturally strong passions, other things being equal, are said to menstruate more abundantly than those of a colder temperament. The average quantity is very difficult to ascertain with any thing like scientific accuracy. The extreme amount varies from six to eighteen ounces, as near as it can be learned: there is considerable difficulty in arriving at

the quantity with any degree of precision. The above may be an approximation as near as physiologists are able to determine.

After having become once established in a healthy, robust female, they usually occur in about four weeks : this period varies much in different individuals. This fluid is formed in the vagina and uterus, the internal genital organs of the female.

It is an important fact, which admits of no dispute, that the peculiar change which takes place in the constitution of the female, when the menstrual fluid becomes established, is a crisis FAVORABLE TO HEALTH, with a very few rare exceptions. Wherefore we find that the advent of puberty is more frequently the harbinger of improved health, and, in fact, a crisis decisive of the remission or disappearance of some of the most formidable maladies to which the female frame is subject. The non-appearance of the menstrual function is only one item, but often a primary one, in the general sum of bad health. If there be paleness and mud-diness of complexion, an imperfectly developed figure, a chlorotic state of health, the menses will often not appear at the proper period of life. This want of the appearance of the menses constitutes the disease denominated Amenorrhœa, which we shall soon describe.

It is not intended that all the phenomena of menstruation and female puberty should be here noticed, but only those connected with the common conditions

of the female system. The period of the commencement and establishment of puberty in the female has generally been considered as coinciding with the occurrence of menstruation. The relation between the commencement of the monthly turns and puberty exists in almost all cases. But in some instances menstruation appears, either in a regular or irregular manner, before the other indications of puberty are properly developed. On the other hand, these indications seem to be perfectly established, and yet the monthly courses do not appear, in some rare instances. Much of this variability, however, depends upon the circumstances of modern society and education, which will be shown to be remarkably productive of various disorders in the female system.

Up to the period of menstruation the female sexual organs exhibit a state of growth merely with the rest of the body; but at this period the womb and other peculiar organs of the female become more fully developed, and manifest higher vital properties; at the same time the whole frame presents greater activity, becomes developed more rapidly; there are also increased mental manifestations. The nervous system betrays increased susceptibility and sensibility; the mind acquires extended powers of emotion and passion, and the imagination becomes more lively. The breasts become more sensibly enlarged, thus giving a more graceful finish to the architecture of the female

frame, and present indescribable charms and attractions. The hips and thighs enlarge with the rapid development of the sexual organs; the womb increases in bulk, and assumes a higher-colored appearance; the voice becomes changed; the chest expands with the increased development of the breasts, so that the lungs and even the arms assume the appearance of mature development.

If, on the other hand, the peculiar organs of the female continue undeveloped, and the monthly discharge does not show itself, the growth of the body is generally impaired—has an unhealthy, languid, blighted, and imperfectly formed appearance; the mind is dull, weak, or depressed; the emotions and passions are imperfect, or entirely absent; the breasts and lungs are insufficiently developed; fat and soft cellular substance is formed instead of muscle; and a sickly, imperfect existence is terminated by a premature grave.

There are a few instances in which menstruation does not take place, notwithstanding all the other signs of puberty in the young female exist. It is delayed as late as eighteen, nineteen, or even twenty-one years, in some instances; but generally, on the continent of Europe and in the United States, the monthly turns commence between the ages of twelve and nineteen years, and more frequently in the fifteenth than any other year. There are considerable variations from these periods, owing to certain influences. Dr. Cope-

land, of London, relates a "case, in his own practice, in which menstruation occurred in the sixth year," and "several in which it commenced and continued regularly in the tenth and eleventh year."

There are many circumstances to which young girls are often subject which cause an early or premature appearance of the menstrual flow, and others which tend to suppress this discharge, by weakening or exhausting the undeveloped sexual organs. The intercourse of sexes at an early age, as sometimes occurs between small boys and girls in primary schools, is a frightful cause of precocious development of the sexual system and the ruin of the health. A number of female children sleeping in the same apartment; the temperature and other circumstances under which young girls are placed in numerous cotton and other factories; the excitements to which the mind is exposed in factories and schools, with the impurities which are allowed to collect around, heat and irritate the sexual organs of the little girls, with the neglect of daily cold ablutions of those parts, are the chief causes of premature menstruation and subsequent irregularities, with loss of health.

The symptoms which indicate the first appearance of the menses are not always present or constant; but usually, for some days previous, there will be headache, heaviness, languor, pains in the back, loins, and down the thighs, with indisposition to exertion. There is a

peculiar dark tint of the countenance, particularly under the eyes; the breasts become enlarged, painful, and tender; the appetite is fastidious and capricious, and food does not set as well as usual on the stomach. After the commencement of the menstrual turn it continues from three to six days and returns every twenty-eight days if the young lady is in health.

In order that this important function should be properly established and sustained, the following conditions are indispensably necessary: 1st. A healthy and proper development of the female sexual organs. That this may be the case, the female organs of generation require the early and constant attention of the fond mother, who would see her darling daughter healthy and suitable to assume the duties of wife and mother at the proper period. 2d. There must be a certain degree of vigor, and vital energy and activity, in these peculiar organs. A lack of this renders the young lady unfit to perform the duties or enjoy the pleasures of married life, and incapable of becoming a mother. 3d. There must also be a certain degree of constitutional power and vigor. Upon these the healthy and regular state of the menstrual and sexual functions depend.

The length of time in which women menstruate is, generally, about thirty years; more frequently above than under that term. It is generally said to cease about the forty-fifth year; but on the continent of

Europe and in the United States, says Dr. Doane, of New York, it is more commonly between forty-five and fifty years. The same is true, says Dr. Robertson, in London. There are numerous cases, however, in which menstruation continues much later. A case is related by a recent distinguished medical writer, in which a "maiden lady, who enjoyed good health, never failed to menstruate, monthly, from her eighteenth to her sixty-third year."

"The celebrated Madame de Staël continued to menstruate until upwards of sixty years of age," says Denman, in his great work on Diseases of Females. "A relative of the celebrated Haller gave birth to two sons after her fiftieth year;" and the famous Dr. Rush, of Philadelphia, relates an instance "of regular menstruation occurring until the seventieth year."

In some females, the first manifestation of the monthly turns is unaccompanied with pain. The menstrual flow makes its appearance without scarcely any previous admonition of its advent, and continues regularly, without pain or uneasiness; or if pain be present, it is slight, and limited to the few first hours. This is the most favorable condition of the female frame, and indicates the most vigorous and healthy condition of the sexual organs in which the monthly turn can take place. This state of the sexual system of the female, also, offers the surest guaranty of future immunity from disease in those organs. Were all young girls taught

properly to care for the healthy condition, and to pay proper attention to the growth and development of their sexual organs, the occurrence of the menstrual period would be unattended with the severe pains and sufferings many, and indeed by far the most, of young ladies suffer at this present day. With many ladies, the first advent and all subsequent appearances of the monthly turns are attended, through life, with severe pains for several hours, or days even. This results solely, in a very large proportion of cases, from the want of proper attention to the condition and development of the sexual organs in the *young girl*, previous to and soon after the first appearance of the monthly courses.

Let mothers teach their daughters the necessity of *daily ablutions* of their own private parts with a sponge or soft cloth and water, carefully to remove all morbid secretions and unhealthy emanations or accumulations, and thus favor their proper development and perfection, with close attention at the *first regular monthly appearance*, and the pains and sufferings, together with the irregularities and diseases of menstruation, would diminish a hundred fold. It certainly cannot be improper to direct the most *watchful attention* of the young lady to that portion of her system, upon the proper development of which, and its healthy state, depend not only her health and life even, but a suitable condition of her own peculiar system, to enable her to enjoy the rights and participate in the happi-

ness of married life, to say nothing of her capacity to become a happy mother. It is the object of this unpretending volume to point out the path by which the sufferings and diseases of the female may be relieved and prevented, and explain by what course of care and attention her sexual system may attain its most perfect development and enjoy its most healthy functions. Let every young lady, then, study this work in her own private bed chamber, and, by heeding its admonitions, save herself much suffering and disappointment, as well as secure for herself much happiness, and the fullest enjoyment of connubial felicity.

CHAPTER III.

AMENORRHŒA.

NON-APPEARANCE OF THE MONTHLY TURNS AT THE PROPER AGE. — SYMPTOMS. — CHLOROSIS. — CAUSES. — TREATMENT. — SUPPRESSION OF THE MENSES. — TREATMENT. — HOW PREVENTED.

AMENORRHŒA. — This disease is characterized by the non-appearance of the regular monthly discharge in young ladies at the proper age. It is easy to be sure of the nature and character of the real difficulty in these cases. The fact of the non-appearance or suspension of this function, from whatever cause, must be known to the party herself. But this suppression or retention is speedily followed by symptoms of disturbed or bad health. It is naturally suspended during pregnancy, and also while nursing, as a general rule; and in the married, the non-appearance of the regular monthly discharge is often the first and only symptom of pregnancy in the earliest period. But we are alluding to what does not make its appearance

at the proper time, or is prevented from appearing by other causes than conception. There is usually a series of symptoms manifested *immediately* on the non-appearance of this function, such as dyspepsia, heaviness, and languor, with great repugnance to exercise of both body and mind. This is followed by pains in the back, loins, thighs, &c. The eyes become languid, with a peculiar leaden complexion of countenance, with a slight swelling about the face. The skin, which perhaps once exhibited the appearance of moderate health, becomes pale, indicating increasing delicacy of constitution. Sometimes the countenance assumes a leaden, greenish, or sallow hue, approaching to jaundice. The ankles often swell in the after part of the day — but this swelling disappears, at first, during the night.

Chlorotic girls (this is the name given to the disease in such as appear as above described) often complain of pains about the sides, in the bowels, and are often addicted to gaping and yawning, which they cannot suppress, even in the presence of company. Digestion is difficult, attended with distressing headaches, with intense heartburn, and sense of weight and fullness at the pit of the stomach. Sometimes the appetite becomes so depraved as to induce a desire for articles of food, which, in a state of health, they would look upon with disgust, as repugnant and improper.

Many chlorotic girls are tormented at night by the most distressing dreams, and during the day they are

the constant victims of low spirits and moping melancholy. With such symptoms is this disease characterized, if it continues.

Before it can be known with certainty that any young lady is the victim of amenorrhœa, it is necessary to be able to affirm that the *external signs of puberty exist in her case*; i. e., that her sexual organs are properly developed, and that there *is no discharge whatever* from the vagina. The sexual system must be developed in proportion to the body generally, or menstruation cannot be expected to take place. How important that mothers and young ladies know this fact! — for many young women have suffered exceedingly and irrevocably by the continued use of *active remedies*, when the signs of puberty, in the sexual organs, were entirely wanting.

CAUSES. — The causes of this condition of the female system are generally to be traced to the previous habits of the young girl — for it is generally found in those who have accustomed themselves to remain long in hot rooms, sleep upon *soft beds*, and who have indulged in luxurious diet, leading sedentary, indolent lives. But one of the most fruitful causes of this troublesome malady is too often entirely overlooked, more especially sleeping in close and crowded rooms; want of exercise in the open air; constant mental occupation, especially that which excites vividly the imagination, as the reading of light literature, works of

fiction, at the period of approaching puberty, with neglect of attention to physical development; the occupations of the poorer classes, during the period of puberty, in warm, ill-ventilated rooms and factories; prolonged exertion and attention; residence in cold, damp, and low places; insufficient clothing; in short, any thing that *debilitates* and *exhausts* the system. Too little food, and poor in quality; serious diseases, with habits of dieting, tend powerfully to produce this general bad health.

TREATMENT OF AMENORRHŒA. — In order to the proper treatment of any given case of amenorrhœa, it is necessary, in the first place, to ascertain, if possible, the cause. The full examination of this subject is too comprehensive to be treated of in this volume. We can only allude to some of the important rules to be observed in these cases. If there be a defect of nature, manifested by *insufficient development* of the female genital organs, *external* or *internal*, the case can hardly promise a hope of amendment by any treatment. This, from the description previously given of the general appearance of these organs in their naturally developed state, can be recognized by the young lady herself, especially if aided by the advice of a judicious mother, who is supposed to teach her daughter what appertains to her peculiar organization and the regular development of her sexual organs, with the functional changes to be anticipated.

The object of this little volume is to aid mothers and daughters in arriving at a correct knowledge of their own private organs, when they can turn their attention to themselves in their own retirement, without violating the noble modesty, which is the surest safeguard to private virtue, in the young lady. Study your own sexual organs, learn their proper condition, and what exists in their healthy and normal development, and then keep them in health. This is your duty, Christian mothers and virtuous maidens, and it is your high privilege.

Do not say that to examine and study the true condition of your own private, sexual organs, will beget impure or improper thoughts, unworthy of a highly virtuous imagination. This is unworthy of virtuous, noble natures, and destitute of truth. Take care of and study yourselves; but do it under such circumstances as will not violate your highest sense of modesty and virtue. Do it in your own *private room*, entirely to yourselves, with no eye to see you but the Maker of your body *as it is*.

Do not say, *I* do not wish to think of such subjects; and the sexual organs will take care of themselves, if my thoughts and imagination are pure and virtuous. You do not reason thus about any other organ in your body. Will your stomach take care of itself, and keep healthy to a good old age, if you do not pay any attention to what you eat and drink — to the quantity and

quality of your nourishment? Will your head be healthy, and both look and feel well, and your hair grow as you wish it, unless you attend to washing, combing, and brushing? Can you expect your own sexual organs to develop themselves properly, remain in health, and continue vigorous to old age, unless you study their physiology, know what should be, and use all suitable means to secure their healthy development, and then keep them in a perfectly healthy state, and avoid all injurious and noxious influences to which they are exposed? You do not expect another to do this for you. You would be shocked, and your high sense of propriety and modesty would be severely tried, were your *physician* even to ask you some questions about your own sexual organs when disease affects your system. It is the compiler's deliberate opinion, after an experience of many years in extensive practice, and a connection with three medical colleges, as professor of diseases peculiar to women, that a vast amount of disease, ruined health, blasted hopes, and untimely graves, result from the want of *proper knowledge* and *attention* to the development and healthy condition of the sexual organs in young ladies.

All medical men and physiologists assert that the womb and female organs of generation are the *centre of sympathies* in the female system. Diseases commence there, slight at first, which a little attention and

care would remove, but which, neglected, increase, affecting the physical frame, then the mind and spirits, and, finally, so injure these organs that the young ladies are wholly unfit to become mothers ; they are sickly ; perhaps, after marriage, they will give birth to feeble, unhealthy offspring, and finally die in early life, victims to a want of correct knowledge of their own system. The want of health in so many young women, and young girls even, is clearly traced to want of correct knowledge upon this subject. Then, young ladies, as you prize health and happiness, as you hope to become joyous brides, cheerful wives, and fond mothers, and as you hope to live to middle life, capable of enjoying and giving pleasure and happiness in the married state, *take care of, and keep in health, your own sexual organs, during the period of girlhood* — from fourteen to eighteen years of age. Many a wife has miserable health soon after the honeymoon — which continues until she wears out, incapable of enjoying the married state and of imparting or receiving sexual pleasure, because she did not do what the authors are urging you to do *now* when she was a young, lively girl, at “sweet sixteen.”

But to return from this digression. In the treatment of amenorrhœa, the first object is, if there be no defect in nature, with reference to the sexual organs, to attend to the general health, which is always more or less deranged — characterized by

diminished appetite, fancifulness in the choice of food, depressed spirits after eating, acidities in the stomach, flatulencies, noisy movements in the bowels, aching pains in the loins, thighs, and small of the back. These things demand the earliest attention.

In the treatment, in such cases, the first indication is to put the system in possession, as soon as possible, of the means of relief. This fact must never be forgotten in the treatment of this disease; viz., that the menstrual flow *occurs as the consequence* of restored health—never the cause of it. Personal exercise should be carefully and judiciously regulated; bathing should be enjoyed; a plain but most nourishing diet, as good, juicy beef, tender and easy of digestion; regularity in taking meals; the use of a small quantity of strong coffee, without sugar or milk, immediately after eating each meal; cold drinks should be abstained from entirely, or used very sparingly; travelling in the country; change of residence; taking active exercise very early in the morning; using stimulants with judgment, as good wine, porter; and journeying on the sea shore, with sea bathing, and with the avoiding of all physic or reducing medicines of every kind; with friction to the stomach, chest, bowels, thighs, in hot brandy and water, daily, comprise a portion of the treatment indicated in such cases. Warm hip baths should be resorted to often; the feet should also be frequently bathed in quite hot water.

In cases of suppression of the menses, after they have once been regularly established, the treatment would depend upon the particular case. If recent, characterized by headache, dizziness, sense of fulness, let the feet be soaked half an hour in a pailful of *quite hot water*, and then give an emetic of thoroughwort, or boneset, lobelia, or ipecacuanha, followed by sweating with hot teas, which will usually relieve at once. But if the case be one of long standing, more permanent tonics may be required. Rue, tansy, myrrh, &c., may be used with advantage, joined with such means to restore the general health as have been indicated above.

But prevention is better than cure. Let each young girl be taught to bathe her sexual organs daily,—in addition to general bathing for health and cleanliness,—let her be taught to carry to her room water, for the purpose of such bathing of her peculiar system daily, from about the age when her monthly courses should commence, and, with the aid of a soft sponge, or cloth, carefully wash these parts, removing all unhealthy secretions and sources of irritation and disease. Thus the sexual system would be aided in its normal and healthy functions, and, as a consequence, amenorrhœa, with its long train of aches and pains, would, in a majority of cases, be effectually prevented.

CHAPTER IV.

DYSMENORRHOEA. — PAINFUL OR DIFFICULT MENSTRUATION. —
SYMPTOMS. — CAUSES. — TREATMENT. — REMARKS.

THE symptoms of dysmenorrhœa are manifold. This disease may show itself at any monthly period ; and in many cases, in young girls even, it is traced back to the very commencement of menstruation, and continues often during the whole menstrual life. It is characterized by a deficient quantity of the menstrual fluid, with pain and difficulty in its discharge. It is more frequently observed in unmarried females, and in women who have not borne children.

The disease is usually ushered in by a sense of general uneasiness, headache, with pains in the back, loins, extending around the lower part of the bowels and down the thighs, a sensation of great fulness about the uterus and external genital organs, with a feeling of pressure or bearing down. There is often bleeding at the nose, oppressed breathing, vexing cough, with nausea, vomiting, heartburn, flatulency, faintings, hysterical and nervous affections, followed often

by confirmed chlorosis. The most severe pain is referred to the region of the womb and external genital organs themselves.

After a longer or a shorter time has passed the menses appear, sometimes slowly and scantily, at others copiously and in gushes. The quantity differs much at different times, and is frequently paler than usual, or mixed with clots. The appearance of the menses is often followed by relief of the pain and suffering — but in some cases these subside very gradually.

Some women are subject, on each return, to such severe headache, and pain in the back, hips, &c., and it becomes so aggravated by standing or walking, that they are obliged to lie upon a sofa, or remain in bed almost constantly, for several days.

Dr. Ashwell, of London, remarks, that dysmenorrhœa often prevents conception in married ladies; and if pregnancy has taken place in females subject to this disease, there is great danger of abortion.

CAUSES. — The most common exciting causes of dysmenorrhœa are, exposure to cold during menstruation, sudden fright or shocks, violent mental emotions or disappointed affections, especially when these things occur during the menstrual period. Persons predisposed to consumption, of scrofulous constitution, thin and spare in flesh, and of nervous habits, are much

more subject to this distressing disease than those of opposite habits and constitution.

TREATMENT. — The object of treatment is twofold. First, during the attack, it consists in relieving the severity and abridging the duration of the suffering. The feet and limbs should be freely bathed in quite warm water, — warm hip baths, — sitting over a vessel containing hops and boiling water, and allowing the steam to pass freely around the genital organs, hips, bowels, &c., &c. The feet and limbs *must be kept warm and moist*; warm sweating drinks should be used freely. Avoid all active drugs; the vapor of hot water, hops, or motherwort will be of essential service. Rest of body and mind, with quiet, are indispensable.

During the interim of these attacks, the object of all treatment is, to improve the constitution, and add tone and vigor to the general health. A generous diet, of easily digested but highly nourishing food, active exercise in the open air, regular rest at night, — in short, all that was recommended to improve the general health under the chapter on Amenorrhœa, — should be practised with care and attention. Whatever will improve the general health, will so far diminish the difficulty experienced in menstruation. By all means, avoid small, ill-ventilated sleeping rooms, or several persons in a room — especially if close and not extremely well ventilated; never sleep upon a feather

bed; bathe the whole body in cool water, daily, and take active exercise in the open air.

The pains in dysmenorrhœa are often described as severely aching pains, attended with many gastric disturbances — such as nausea, vomitings, pain in the stomach, accumulation of wind in the stomach, flatulency, faintings and nervous affections, with gradual diminution of the monthly discharge until it disappears entirely. During the intervals, the females are in most cases troubled with profuse leucorrhœal discharge, a disease which will soon be described. Long continued dysmenorrhœa seldom or never fails to end in some other serious disease of the female organs.

In some cases, where the dysmenorrhœa was not of great severity, it has been entirely removed by marriage. But the most severe forms of this distressing complaint are found in married women who have not become mothers. The origin of this disease may be traced to neglect and want of proper attention to the sexual organs in the young girl. Let mothers, then, teach their daughters to guard with watchful care their peculiar system, as they value health and the enjoyments of life.

CHAPTER V.

MENORRHAGIA. — EXCESSIVE MENSTRUATION. — SYMPTOMS AND CHARACTER. — CAUSES. — TREATMENT. — OFFENSIVE MENSTRUATION. — CAUSES. — TREATMENT. — ADVICE TO YOUNG GIRLS.

THIS word, MENORRHAGIA, simply conveys the idea of an excessive flow of the *menses*, or *monthly courses*. But, in its more common and comprehensive application, writers and professors of diseases peculiar to women imply and represent *all discharges of a bloody character, from the female sexual organs, exceeding in quantity the natural product of healthy menstruation*. The monthly turns, when they exceed the limits naturally assigned to this discharge, thus cease to be properly the *monthly discharge*, and become a *hemorrhage, or flowing of blood from the womb*.

The form of this disease, which so greatly troubles many young ladies, presents itself at first, most frequently, at the regular monthly period, and is then rather an excessive “turn” than a disease; but it sometimes presents itself during the interval of the monthly periods, and then it is ascribed to other causes.

The amount of the natural discharge varies greatly in different subjects, and not unfrequently in the same individual, at different times, without being productive of any marked difference in the general state of health. Hence it is often difficult to mark the true differential line between natural menstruation and menorrhagia, at the *very first period* of its existence.

This disease had, for the better understanding of our female readers, better be arranged under three forms. 1st. The monthly turn may be perfectly regular in its recurrence, but the *amount discharged at each period in excessive quantity*. 2d. The period in which the lady is unwell may occupy *too many days*. 3d. The periods themselves may *too frequently occur*, the intermediate time falling short of its natural and proper duration.

These several forms sometimes exist in the same subject. The discharge may be excessive in quantity, may occupy *too many days*, and may *return with too great frequency*. It happens, many times, that the monthly fluid is distilled away from the sexual organs in small quantity; but the process is continued for so long a time as to become *almost constant*, and the interval between one turn and another is *confined to a few brief days*.

This distressing complaint often shows itself in quite young girls, sometimes even commencing with the first monthly period; and experience amply proves that

many young ladies are brought to untimely graves by profuse discharges of blood from their sexual organs. Newly-married women are frequently subject to more than usually abundant monthly secretion, which arises from the new action of the parts and increased rush of blood to the sexual organs. Ladies who experience repeated miscarriages are rendered ever afterwards especially liable to profuse menstruations. *There are more or less clots of blood attending this complaint, in all cases, whether in the young girl or married lady.*

As the disease progresses, the constitution indicates increasing debility, from loss of blood. The patient complains of weakness or aching across the loins and hips; of languor, exhaustion, faintness, giddiness, noises in the ears; and of headache, with throbbings in the temples, or of palpitation of the heart. The countenance becomes pallid; and the lips, tongue, and gums are pale. As the disease continues, the symptoms become aggravated; the stomach and bowels are deranged; pains in the side, particularly the left, are complained of; the face is sallow and bloodless; the ankles swell at night; various nervous affections appear; and the beauty and "rosy hue" of health give place to its very opposite, often, too, in the very "spring time" of life and the "season of pleasures" to the young lady.

To these symptoms will succeed paleness of the countenance, contraction of the features, a sense of

coldness of the extremities ; and, indeed, the whole surface of the body becomes cold, accompanied in many cases by slight shiverings, and finally, just before the discharge commences, a sense of great heat, and a tickling, itching sensation in the genital passage. The flow of blood, at first, gives relief from the pain ; but as the disease continues, other symptoms appear in rapid succession ; namely, fainting, with or without pain at the pit of the stomach, extreme paleness of the lips and whole face, great feebleness, loss of consciousness, suspension of vision, abolition of the sense of hearing, embarrassed respiration, ghastliness, with distortion of the features, convulsions, and death.

But menorrhagia, or profuse menstruation, involving *the most serious consequences*, ultimately may continue to harass the patient for many years — depriving her of all the sweet pleasures of life — without producing the terrific series of symptoms just enumerated. The digestive organs become seriously deranged, the patient loses her appetite, becomes the subject of a constant sense of weight and oppression at the stomach ; she gradually, or rapidly, — according to the amount of flowing at each time, — sinks into a state of languor and extreme feebleness ; she becomes pale, and “ pines away,” loses at once her spirits and her strength ; her feet and legs become swollen ; finally, the bowels, &c.

The commencement of this disease is often insidious, and very gradual, *one or two small clots appear-*

ing at first, and perhaps unnoticed by the young lady; then there is, perhaps, an intermission, and at the next period a return of the clots, increased in quantity. This is the beginning of a disease which is to sap and undermine the most vigorous constitution, and render existence itself miserable, to terminate fatally, *in the prime of life*, unless it be speedily checked.

Let the mother, then, and the young lady, carefully watch the sexual organs, and on the first appearance of disease *arrest its progress*, by attending to those things which will improve the tone and healthy condition of their sexual system. The great object of the writers of this little volume is, to direct the attention of young ladies to the seat of a great proportion of their suffering and the origin of ruined health, in so large a number of instances.

Do not wait until, with an aching back, you are so weak that sitting upright or walking is very distressing; but attend to your monthly turns, and guard with sleepless vigilance the least departure from a healthy state of your own sexual organs. Each young lady must be the keeper of her own health in this respect. She, and she alone, can attend to her health in these parts. Not only does health and life depend upon this, but if you ever expect to be a "joyous bride," *the happiness of the married state depends upon the healthy state and vigorous condition of the sexual organs in the wife*. No person can be happy as a wife,

or communicate that happiness to her chosen husband, — which the institution of the married state and its universal desire were designed to accomplish, — unless she is in perfect health *in her private organs*. The immense importance of this subject *cannot be over-estimated* by each young lady as she approaches marriageable age.

If the disease first shows itself in the married lady, it should receive her most watchful attention, until it be entirely removed. If she should become pregnant, with this disease, even if it be slight, there will be great liability to abortion.

CAUSES OF MENORRHAGIA.— This disease generally shows itself *gradually* and *insidiously*, as mentioned previously. One or two small clots appear at the monthly turn, at first scarcely meriting attention — they soon increase in number and amount. The monthly turns continue longer than usual, and seem *too abundant*; the time between the “turns” becomes less, and the patient feels more and more weakened and reduced by them.

But this disease is often excited by direct causes, *in young girls*, as violent actions and exercises of the body; attempts to lift heavy weights; sudden shocks, whether of the body or mind; fatiguing rides; great exertions in singing, sneezing, and other actions of the respiratory organs; accidents, falls, especially if they strike heavily upon parts about the sexual organs;

violent passions, as rage, terror, are all occasional causes of this severe disease. A lady will fall, striking very hard upon her "seat," and in an instant find herself bathed in blood.

But menorrhagia often arises from causes operating much more slowly, being preceded by an increased fulness of the breasts, a feeling of tightness in the loins, with weight and heat — with pressure about the external genitals; with a sense of itching and tickling about the labia, vagina, &c.

TREATMENT. — In the treatment of cases of menorrhagia occurring in an unpregnant womb, the first and most important indication, during the flowing, is to secure rest and the horizontal position. She should lie upon a hard mattress, covered rather lightly with bedclothes, *but the feet and extremities must be kept warm*. During the whole period of the rapid flow of blood, the patient should observe the most rigid quiescence in the horizontal position. Her bed should be comfortable, without being too soft, and her chamber pleasantly cool and well ventilated. If it should become necessary to apply cold cloths to her person, the application should be quickly made, and only to the genital organs; this should not be too long persisted in, lest it have the effect of confining the circulation too much to the interior organs. In cases of extreme exhaustion, it may be necessary to have recourse to stimulants—a cup of common table tea

taken hot, and of tolerable strength, a little wine and water, or a small quantity of brandy taken in boiling water, quite hot, with sugar, are excellent stimulants.

Between the periods, every effort should be made to increase the tone and vigor of the constitution—in other words, use all means possible to improve the general health. Diet must be carefully regulated, the food should consist of the most nourishing quality, but at the same time that most easily digested. Regular exercise should be taken in the open air. Cool sponge bathing for the entire body, daily, with the use of spirit around the bowels, thighs, groin, &c. A country residence is preferable in all cases. Heated and crowded rooms must be avoided; the sleeping apartments must be capacious and airy; soft feather beds must be strictly prohibited. On the approach of the next monthly period, all active personal exertion should be suspended, and the utmost repose of body and mind enjoined. Cold sea bathing is frequently resorted to with the happiest benefit. The hip bath and cold ablutions of the genitals are of singular benefit.

OFFENSIVE MENSTRUATION.—There are some young girls who are rendered very unhappy because, when their monthly turns come on, they have an unpleasant odor. This is painfully annoying to a refined and delicate young lady. The peculiar offensive char-

acter of the turns is often not as apparent to the young lady herself as to others who may be in her company. Nothing can be more cuttingly painful to a modest young lady than this.

This is caused by want of proper attention to the sexual organs of the young girl in her previous turns.

Small portions of the menstrual fluid, which had escaped at former periods, being partially retained within the folding tissues of the sexual system, become putrid, and consequently very offensive.

Were all young girls taught to bathe in water carefully, with a soft sponge, or unirritating cloth, their own sexual organs morning and night, while each monthly turn lasts, and carefully attend to the healthy and active condition of these organs, there would never be another case of this very unpleasant difficulty.

Study your own sexual organs, and keep them healthy, by constant attention and care, is the best advice that can be given any young lady. God has made your system as it is, and given you sexual organs, and attached to their healthy condition the *utmost importance* to you as a lady and a future wife, and mother perhaps. Carefully attend to them, then, and watch their condition as a precious jewel. The sexual system is the "*centre of sympathies*" in the female frame; if this is kept healthy and vigorous, you cannot be unhealthy, sickly, or feeble; but if the sexual system be

unhealthy, diseased, you cannot enjoy health, whatever else you may be the possessor of. That discreet and intelligent mother, who carefully instructs her daughter with regard to her developing sexual organs, and by constant attention, careful ablutions, and unyielding watchfulness, secures their vigorous and healthy development, does more to insure the perfect health of her darling child than any or all other blessings without this. She has fitted her to be a healthy and happy companion in the married state, and to become a healthy mother of healthy offspring at the proper period of life. This is the purpose of her organization, and in this condition only can she fill the end of her existence.

CHAPTER VI.

LEUCORRHOEA — THE WHITES.

ITS CHARACTER. — SYMPTOMS. — TREATMENT, AND FINAL CURE.

THIS is literally a white discharge, but the word is used to express a great variety of *non-menstrual discharges* from the female genitals. This is a mucous fluxion, or flowing, from the sexual organs of the female; the discharge is of variable color, attended by heat and itching, with often a burning and scalding feeling, when the individual makes water; with pains in the groins, inside of the thighs, &c. These symptoms are often accompanied by a sense of painfulness and throbbing in the labia pudenda, and deep, aching pains within. These feelings last, more or less severe, for four or five days, at first; at each successive period they become more severe, and the discharge becomes more copious, and continues until at length they are almost constant—leaving the young lady with greatly impaired health, a pale and sunken countenance, indifference to exertion, poor appetite,

and general debility. One of the most serious inconveniences in this difficulty is, that it results in almost an absolute indifference to sexual love and the conjugal embrace in the young married lady, and, in some cases, an absolute loathing and disgust of such embrace. It seems to *poison* and *destroy the source* of all sexual pleasure and connubial felicity. Its existence in an unmarried female should interpose a serious obstacle to entering the married state until the complaint is arrested, as it speedily may be, by the use of Derbois' female compound, (see Appendix, at the end of this volume,) now so deservedly popular, and extensively used, on the continent of Europe, and which effectually and entirely removes this distressing and unhappy complaint.

[The above preparations for female complaints, mentioned by the authors, have been used for the last ten years on the continent of Europe with remarkable success. The discoverers of these preparations are men of the highest standing in the medical profession in the old world, men who have devoted their lives *exclusively* to the study and treatment of diseases *peculiar to females*. The remedies are the result of the most careful research and cautious observation in that large class of diseases which have proved the ruin of so many valuable female lives.

These preparations are now used by the first

physicians in the world, and those of the highest attainments and most comprehensive experience. In various hospitals, for the treatment of female complaints, in Paris, London, Vienna, Brussels, Lyons, &c., they have been used with the most gratifying success for the last ten years.

Female complaints that have baffled the skill of the best physicians, for years, have yielded to these remedies with the most remarkable success. The young unmarried lady, who has been *so much reduced*, and *so generally debilitated*, that existence was but a continuation of *daily suffering* and *prostration*, has been restored to speedy health, her turns have become regular, and as they should be. The young married lady who suffered so much from her female difficulties, had become so sickly, pale, and weak in her back as to almost wish she had never been married, has, in innumerable instances, been restored to perfect health, virgin vigor, and activity, by their use.

The translator and compiler of this volume has spent several years in the study and treatment of female complaints in this country; but has recently spent five years in European hospitals, exclusively for the treatment of *female complaints*, under the care of the most celebrated physicians. He knows the value of these remedies *for young ladies*, in his own country, for he has witnessed their singular efficacy in such a large number of cases while abroad. They have *never*

been used in this country until the past year, except in the private practice of the compiler. (See Appendix, at the end of this volume.) The extensive use of them, it is believed, will banish from the fair sex this most frightful class of diseases to which the female frame is subject.

In the succeeding pages of this work, the reader will find ample proof of the great efficiency and value of the course of treatment adopted in *exhausting female complaints* by the first physicians on the continent of Europe, and which is now within reach of all in our own country. That this volume may reach the hands of those females in our land who are suffering from disease, and direct *them* to the use of those means which shall result in their restoration to health and vigor, is the earnest desire of the translator and compiler of the admirable work of the authors on female complaints, with the best known treatment. — *Translator and compiler.*]

In numerous instances do we find that leucorrhœa, or the whites, manifests itself in young ladies a few years after marriage; and in many cases has affected them to that degree, that sexual intercourse with the husband has not only been unpleasant and painful, but held in the greatest abhorrence, even. This is the source of great unhappiness to the married couple. But in no instance where these female compounds have

been used has this result been witnessed. They seem to preserve in *virgin vigor the female sexual system*, with connubial love and desires, to a much later period in life than occurs where they are not used. It is, indeed, a great blessing to the female to be in possession of such remedies. Female diseases are so numerous, and so serious in their effects upon the system, that no one contemplating marriage, unless of a *very* strong and robust constitution, with *no difficulty whatever* in her sexual organs, should be without them, as they value happiness in the married state, and a healthy condition of the system.

STERILITY is one of the consequences of the whites ; and the injuries arising to the general health, as the result of this complaint, are so numerous as to include almost all the diseases peculiar to the female frame ; and are too manifold to be specifically mentioned and described in such a work as the present, without too greatly augmenting its size.

It is not the design of this work to be a professional book, for physicians alone to study, but a book *for the people—for ladies*—to point out *to them*, with as much distinctness as possible, *their peculiar complaints*, and guard against their occurrence, prevent the serious consequences that result, and remove them when they have occurred. Ladies, to a very great extent, must be their own physicians, in diseases of such a delicate nature. Their distress and suffering

they are reluctant to describe to another, from that inherent modesty which should be cultivated and guarded. In this little work, the authors place in the hands of the virtuous female a brief description of her diseases, and general directions for their avoidance and removal, and inform all where they can obtain those remedies which are adapted to their complaints, with full and explicit directions and advice, adapted to each particular case, without violating modesty or wounding the keenest sense of delicacy and moral purity.

In cases of leucorrhœa, as of dysmenorrhœa, the treatment every lady can adopt for herself should consist in making use of every means in her power to restore the general health and invigorate the constitution—thus guarding against *the effects of her complaints*, while it may not remove the cause. The cause is *in her sexual organs*, and must be reached by remedies *adapted to their peculiar state and condition*. But until these can be obtained, *obviate the effects of the disease* as much as possible ; prevent its progress on the constitution by all the means in your power.

Good animal food, plainly cooked, should be eaten, at least morning and noon ; strong coffee, in very small doses, without milk or sugar, should be taken immediately after eating. Active exercise in the open air, well-ventilated sleeping apartments, cold sponge bath to the entire person, daily, with the addition of

spirit to the bowels, groins, hips, and back, will be of singular service. Avoid all reading that excites vividly the imagination, as novels; also attendance on music, &c. Use drinks sparingly, and let them be warm; avoid the use of milk; never sleep on feathers, &c. But the use of Derbois' female preparations are indispensable to *cure the disease*, to break up the difficulty in the sexual organs, and *restore them* to perfect health. Other means may and will arrest, to a given extent, *the effects of the disease*; but *this only* will remove its cause. These are the only preparations, known to the medical profession, to effect a *permanent cure* for that large class of diseases that affect the female system, and which are now well known to have their *origin in the sexual organs*. The remaining pages of this work will afford ample proof of what has been said above.

This subject will be continued in the following pages, and illustrated by a great number of cases, in which the positions assumed above are made evident to all. Let every young lady, then, study carefully, in her own retirement, this work, and by timely care avoid and remove those complaints which so many of her sex have borne for years in the greatest misery, and finally found that rest in the grave which their *peculiar diseases* forbade them in life. It is to the young this book is dedicated, for it is *in them these diseases show themselves*, and gradually but surely sap

the fountain of life, make them old ere they attain middle life, steal the rosy hue of health from the cheeks, rob the system of its vigor and elasticity, and consign to an early grave those who would otherwise have been ornaments to society, blessings to their husbands, and mothers of healthy offspring.

CHAPTER VII.

STERILITY.

CHARACTER AND CAUSES. — RESULTS OF LEUCORRHOEA. — UNSUITABLE MARRIAGES. — CASES OF STERILITY. — FATAL CONSEQUENCES RESULTING FROM MISTAKING THE TRUE CAUSE. — CASES BY DR. OLDHAM. — MR. COOPER. — DR. GOLDEN BIRD, OF LONDON.

THERE are certain functional disorders of the female genital organs which result in barrenness, or inability on her part to conceive, or becoming impregnated. When the act of sexual intercourse, from irritable conditions of the genital passages, or openings, or of the womb itself, consequent upon some disease in these parts, is attended with little or no satisfaction, or perhaps is accompanied by pain, it does not excite surprise, that, under such circumstances, a lady would manifest no disposition to conceive.

When the genital passages are free from painful irritation, and the sexual embrace is attended with pleasure, the *internal parts may be rendered incompe-*

tent to perform their important office, so as to result in absolute sterility. The ovaries may be subject to important diseases, although the instances in which they are so are, unquestionably, *very few*. Cases of sterility in young women, possessing, *apparently*, all the essential requisites, from causes beyond the reach of judicious medical treatment, are indeed very rare.

The entire absence of the monthly secretion, subsequently to the arrival at the age of puberty, is, indeed, justly considered as indicative of incompetency, and a disqualification in the young lady for the rights, privileges, enjoyments, and due performance of all the functions of connubial life. There are, it is true, a few instances on record, in medical history, in which young females have been impregnated before the appearance of the menses; so there are a few cases in which women have become pregnant after the cessation of this function. But they are extremely rare. Menstruation is as much a common attribute of healthy females, of all nations, climates, and countries, during about thirty of the best years of their lives, as is the faculty of conception or reproduction itself, when ladies are subject to the sexual embrace of the other sex, as in the married state. And this faculty of conception is an actually *efficient attribute* of the human female *only so long* as she continues to be *regularly* and *healthfully* the subject of this monthly secretion.

The most influential and common causes of sterility

arise from peculiar varieties of *constitutionally* and *sexually feeble health*. We are well taught by experience that constitutional *delicacy* and *sickliness* are, in a large majority of cases, an unquestionable indication, or accompaniment, of *sexual infirmity in the female*. When the health is thus constitutionally delicate, and women have for years been unproductive, upon the restoration of health *they have become vigorous in their sexual organs*, and become mothers of a family. A good state of health of all, or a greater proportion, of the organs and functions of the body, render it probable that a female would possess the faculty of conception, when properly circumstanced.

But the sexual organs of the female should be kept in a healthy state, by *proper instruction from puberty*, and care in preserving them in health afterwards. No female should consider herself a proper subject for marriage while *her private, sexual system* is in an unhealthy condition. The greatest care and attention should be bestowed upon these, by the young female, if she would enjoy, at the proper time of life, marital rights and privileges. The great object of this book is to direct the attention of young ladies *to themselves, in these respects*, for their own happiness and enjoyment in the married state.

We would not discourage the young lady of feeble health and constitutional debility, who is so from want

of proper care or improper efforts and causes, by presenting this case in too strong a light. But we would say to her, in all affection and sincerity, *take care of your own system at once* — use all the means indicated on previous pages to restore the general health, and the active, vigorous state of your own sexual organs. If these fail, obtain those articles mentioned in the previous chapter, which will restore the *vigorous condition of the female organs* — then marry and enjoy the rich privileges your Creator designed to be mutually possessed between a man and his wife, in sexual intercourse, and all the sweet pleasure arising from the lawful indulgence of the sexual embrace. The proper use of Derbois' valuable compound will keep your private parts healthy, firm, and vigorous, and you need fear no injury from the too frequent indulgence, *with your own husband*, of the sexual act.

Many people suppose that they are in duty bound to deny themselves the full enjoyment of sexual intercourse, fearing that the too frequent indulgence of themselves *will weaken*, reduce, and prostrate the system, and result in serious diseases; therefore, they reason against their feelings, and check themselves in those enjoyments which are the special privileges of married life. This is all a false position. Sexual intercourse between a man and his wife — for this only is lawful and proper intercourse — can never result in disease or injury to either party, *if the sexual*

system of the female be properly attended to. These organs must be *kept healthy* by *proper care*, as they may be, and then the inclinations of the parties can be freely gratified *without fear of injury*.

*But if the young lady is taught that it is *immodest* and *improper to think* about or attend to the proper state of her sexual organs, that it is *polluting to the imagination* to have a care for the healthy functions of her peculiar system, while she is a young, lively miss of "sweet sixteen," she will, unquestionably, think so at the age of twenty; and when she is married she will scarcely attend to her system, in *these respects*, for fear of its *animalizing her mind, polluting her thoughts, and corrupting her imagination*. She will thus pass on, from day to day, enjoying sexual intercourse with her loved husband, but modestly turning her mind away from her private organs as soon as possible thereafter, to *avoid improper thoughts*, and to expel from her mind, as soon as possible, what her Creator designed her to enjoy, as the appropriate privilege of married life.

The consequence is, from *early neglect*, these organs have become weakened *before marriage*; and by *repeated neglects* they soon become soft, flabby, and diseased *after marriage*; a colorless, weakening discharge appears — the nervous system yields, and the whole frame appears debilitated and diseased. Sexual indulgence *is supposed* to be the cause, and more

rigid abstinence is practised — but the difficulty increases, the constitution continues to suffer, the system is often too much diseased to allow of her becoming a mother, and the fair wife continues through life in feeble health, drags out her existence without ever enjoying health, and finally sinks into an untimely grave. This is not an exaggerated picture, but an every-day scene, particularly among professional people and those living in comfortable circumstances in cities and villages.

Now, we are conscious of stating the truth when we assert, — for experience bears out our assertions, in innumerable instances, — that by far the largest proportion of these cases *would not exist* if *young girls* at *puberty* were taught to attend to and keep their sexual system in a healthy state, by their mothers or female advisers. The difficulty COMMENCES in the sexual organs, and the foundation is laid *in early life*; after marriageable age, it only *manifests* itself more sensibly. The seeds of the difficulty are all there, and only spring forth to maturity in later years. Let us say, then, to all young ladies, take care of yourselves *in these particulars*. Your Creator has so constituted you and given you that keen sense of virtuous modesty, — the pride and ornament of your sex, — to prevent your throwing this responsibility upon others. *You, yourself*, must take care of, and keep in healthy condition, *your own private parts*, if you would be

fitted to communicate and receive those marital pleasures and enjoyments for which God has given you such desires, and if you would avoid *disease, prostration, early exhaustion* of your system, and *premature death*.

Attend to, and have a close care over yourselves, in *early life*, or the golden season will have passed, and the foundations of disease be laid, perhaps *beyond recovery*. God has designed you to be wives and mothers at a future day. Remember your high destiny, and prepare yourselves to fill it. So will you be blessings yourselves, each enjoy yourself as a loved wife, with the trusting husband of her youth, communicate that enjoyment to him as shall satisfy the wants of his nature — while he satisfies all your sexual desires, and enjoys in you, and receives from you, the measure of full satisfaction, and your path is one of love, joy, and happiness; and when you are in a condition to have children, you may, with safety to your own constitution and your offspring, become a mother, and still retain the vigorous condition of your sexual organs — *the centre of sympathies* in the female system — and go on, through life, always enjoying and loving, and being enjoyed and loved, by your husband. With proper care, and a tolerably good constitution, this may all be experienced by every newly-married couple, if they use Derbois' female compounds, which so many thousands are now using,

among the wealthiest and best members of society and the church, in our own country, at the present time. Its influence in removing female complaints, *in promoting health, happiness, and domestic felicity*, cannot be told; and many who have received its benefits would not be deprived of these female compounds for any price. They have never been known, when used for several years, to produce the slightest injury to those most *exquisitely delicate organs* of the female frame; but, on the contrary, have a direct tendency to keep them in vigor and healthy action, while they arrest and remove weakening female diseases. (See Appendix.)

But to return to the subject of STERILITY. Un-suitable marriages are among the most prominent causes of sterility. How often do we meet with examples of women who have been childless to one man, although perhaps the object of his first attachment, and afterwards becoming remarkably prolific with another! And there are many examples of wives who have been cold, indifferent to sexual pleasures, and unprolific from their own husbands, but have been warm, ardent, in the sexual embrace, and prolific to other men. Not only is it an essential condition that a lady, to be fruitful, shall be of a suitable age, have the *sexual organs* in a *vigorous condition*, but it is likewise a condition equally desirable and necessary that the *male* should be of an age to be possessed of

the proper vigor of the organs belonging to his sex — for although there are constant examples of females being prolific to old men, yet the examples of both sexual happiness and fecundity are incomparably more numerous when *young wives* enjoy the happiness of having young husbands, of suitable age and vigor, than when they foolishly sacrifice themselves to the miseries of disappointment from old ones. It is an observation of Plato, (Lib. VI.,) that the power of giving and receiving sexual enjoyment, and of procreation, is most efficient about the age of thirty and upward, in the male, and that of eighteen and upward, in the female. There are remarkable exceptions to this, however, on record in medical history.

Certain defects of character have often been known to be productive of antipathies and disgust even, so as to become an absolute cause of sterility. M. Capuron, "*Traite des Maladies des Femmes*," says, "We could cite the example of more than one woman who never chose to receive the caresses or enjoy the sexual embrace of a husband or a lover, after he has refused *to die at the post of honor*."

Physical blemishes and infirmities will also produce the same effects. Fetid breath, discharge from diseased nostrils, cancerous ulcers on the lips, face, &c., have often proved the direct cause of sterility, by chilling the affections, &c.

Infirmities are the common lot of both sexes, and,

of course, mutual in their influences. The wife is quite as liable to be disgusted by any foulness or offensive infirmity about the husband as the latter is by those of the former. A young English lady, of great beauty and accomplishments, was affianced to a gallant officer of cavalry, of suitable age, during an early period of the French war. Soon afterwards the lover was ordered abroad with his regiment, and won the honor of being esteemed a brave officer. BUT WHERE HIS HONOR? In less than six months after he left England, his lower jaw was shot off by a cannon ball. He recovered, but was horribly disfigured by his unfortunate wound. The young lady, more *honorably* than *wisely*, perhaps, declined to accept his offer to withdraw his suit, although very strongly urged to do so both by the lover and her own friends; and she chose to be married. This marriage did not prove so delightful a connection as was probably anticipated by the lady; at all events, she never furnished a pledge of her affection for her husband.

Ladies of peculiar erratic temperaments, with strong, amorous passions, are not as susceptible of impregnation as others more moderately endowed. "A beautiful and interesting young lady, of a sanguineous temperament, was married to a man of a *hot, dry, ultra bilious* constitution, who had only a short time previously recovered from dysentery, with whom she lived in hopeless sterility for several years. The

peculiarity of this case was, that although the subject of it received the sexual embrace, and *semen masculinum*, with the greatest pleasure and delight, yet she was immediately after seized with the most violent pains, extreme anxiety at the stomach, amounting to fainting, even. She very justly attributed this result to the morbid acrimony of his discharge, the semen; for when, after turning herself frequently in bed, she felt that all his discharge had escaped from her, she found herself again so free from unpleasant feelings as soon afterwards to feel a strong inclination *not to refuse* the embraces of her husband again, and, with the greatest pleasure to herself, join again in the coïtus." (See Dr. Davis's great work on *Female Diseases*, London, 1845.)

Constitutional diseases of almost any kind and name, with the exception of pulmonary complaints, are, upon the whole, to be considered as unfriendly to the function of reproduction.

Ladies, often at the commencement of married or their sexual life, are abundantly endowed with all the natural attributes of sexual pleasures and fecundity, who afterwards suffer a great diminution, or even an entire loss, of that feeling and power, in consequence of injuries received during severe or mismanaged childbirths; or from one or more *abortions*, or *premature labors*; or from inflammations and ulcerations, consequent upon exposure to any impurities, capable

of *weakening* and *impairing* the uterus; misconduct on the part of the husband, or any cause capable of disturbing the organization, or even vitiating considerably the secretions, and consequently the actions, of the vagina, uterus, &c. Hence it is not at all an uncommon case for a young and apparently healthy lady to have one or two children, and then to become the subject of some irregularity of the menstrual turns, or a leucorrhœal discharge, which she may never before have experienced, accompanied by pains in the small of the back, loins, hips, groin, upper parts of the thighs, or of the parts and tissues more immediately concerned in sexual commerce; and, consequently, forever afterwards they are doomed to a life of hopeless sterility and miserable health. It is to meet and remove just this class of cases that the translator and compiler has brought into notice Derbois' famous female preparations, which effectually *prevent these functional disorders of the female organs*, and keep them in vigorous health.

Of the precise character and specific results of *all* the injuries inflicted upon the organs and function of reproduction in the young lady, the medical profession are scarcely yet in possession of sufficient knowledge to enable us to offer an exact enumeration. In cases of suspended or exhausted fecundity, the power and ability being known to have previously existed, there can generally be no room to doubt as to the party on

whom should be fixed the charge of unproductiveness. The whole medical world, at once, say the cause, in all probability, *is in the female*. Some *exhausting weakness*, some *functional disease of her peculiar organs*, have destroyed her ability, under the most favorable circumstances, of becoming a mother. This difficulty is very rarely indeed of an organic character, — very rare that any real organic difficulty exists in her system, — any thing that can be removed by any operation of the surgeon. The whole difficulty is a want of *healthy action in those functions*. Were young ladies taught to keep their own sexual organs healthy, these difficulties in afterlife, when matrimonial rights and privileges are to be mutually enjoyed, when these organs are the sources of much of the happiness and pleasure of married life, they would *very seldom be found diseased*. And here the translator and compiler cannot do better than introduce a few cases, which have occurred the past year, as proving what has been said about the infrequency of organic difficulties, and the willingness with which many ladies will undergo severe operations to be able to become mothers, and the danger, together with the fatal results, of such treatment.

Here I take the liberty of introducing two cases, which have just been reported in the best medical journal in London, the present season, in order to show the mistakes that have been committed by some

of the best physicians, when they overlook the true cause of sterility, and attempt to produce a change in the uterus, or womb, to favor conception, when the operation is so dangerous, and often fatal, when performed by the best physicians.

Dr. Oldham, the distinguished physician in Guy's Hospital, London, for the treatment of diseases of females, says, in a communication published the present year, (1852,) that "there are few cases that come before an obstetric physician which are so full of perplexity as those of sterility, especially in those cases when the womb and female organs are *free from organic disease*. Recent researches have afforded most valuable information on the composition of the male and female generative elements and the physiology of generation; and our knowledge of the *causes and means* by which *impregnation can be intercepted or prevented*, has become reduced to a certainty, of late years."

"But there is scarcely any amount of danger, or pain, that women will not go through, to obtain the prospect of becoming mothers, when the whole difficulty lies in *neglected diseases* of their own *sexual organs*. They are notoriously credulous of success, and are ready, and often costly, victims of empiricism; and I would venture to say, that obstetricians ought to be nicely scrupulous of encouraging a plan of treatment of *doubtful efficacy and dangerous to life*. I

cannot imagine a position more overwhelmingly distressing, to any rightminded man, than to have been the means of destroying the life of a woman, in his efforts to remove sterility. And yet, I am sure, a *hazard is run*, if an operation is attempted. Almost the only cause possible of resulting in sterility is a *continued leucorrhœa, or dysmenorrhœa.*"

I am indebted to my friend, Dr. Golden Bird, for the following striking case, as illustrating what I have said. On the 7th of April, 1849, I examined, with him, a woman who had died from inflammation of the bowels, caused by attempts to cure sterility by operating upon the womb. The case presented the following history:—

"A lady of dark complexion, aged thirty-six; married several years, and never pregnant; resided in Jamaica. From youth she suffered neglected leucorrhœa and painful menstruation. This continued after marriage, and she always experienced more or less pain during sexual intercourse. She gradually became delicate, in consequence of the continued difficulty in her sexual organs; grew nervous and hysterical, and excitable to the last degree, and was supposed to have suffered from every possible form of inflammation: these attacks of pain were obviously the result of continued, but *unattended*, disease in her sexual organs, as is the case so often in nervous, hysterical young women. In June last, by the advice of

her physician in Jamaica, she came to London, for the express purpose of having the mouth of the womb dilated, which her physician had already unsuccessfully attempted, by wax dilators. This was supposed, by her medical advisers, to prevent conception, cause the pain she experienced in each sexual embrace, and, finally, to *keep up* the leucorrhœa and dysmenorrhœa. The distinguished obstetric physician who was consulted in London coincided in this opinion, and thought the sterility and painful menstruation, with all the general symptoms of feeble health, &c., depended upon a stricture of the os uteri, or neck of the womb. He dilated the os uteri, and introduced silver dilators. This produced horrible suffering; and, although at first she fancied the pains and sufferings of menstruation were rather better, they soon became as bad as ever, and there was not the slightest relief. She left off the treatment for a time; but the strong desire to obtain relief in her miserable state of health, and her anxiety to become a mother, which she had been led to expect would improve rapidly her own health, inclined her to resume the treatment again — and a silver canula was passed into the mouth of the womb, and left there. Again she suffered frightfully. On Saturday, March 31, the physician passed in another tube, assuring her that she would soon find relief; but the distress became intolerable, and sickness and shivering coming on, she urgently begged her

sister to try to remove it, which she succeeded in doing. Getting worse, a neighboring surgeon was summoned, and he found her laboring under what was regarded an inflammation, with hysteria. She had scarcely no fever, collapse coming on almost immediately, and she continued sinking until Thursday, when I (Dr. Golden Bird) was summoned to her. I found her at her sister's residence, at T—— Park, London, presenting almost the collapse of cholera; the pulse two hundred, and a mere thread; bowels distended; vomiting of black fluid; intense irritability. All treatment was useless, and she soon died. On examining the body after death, it was clearly proved that her death was solely caused by the treatment she underwent for the removal of sterility; when the whole difficulty and cause of this, and the pain she experienced in intercourse with her husband, was solely the consequence of neglected leucorrhœa."

Dr. Oldham remarks, that "it is unnecessary to comment at any length upon this case. It affords a most instructive example of the dangerous effects of attempting to dilate the womb, even by the most experienced physicians, and the great caution with which such a *hazardous operation* should be undertaken. I am sure that there was no kind of morbid contraction of the womb, in this case, and that the mouth and neck of the womb, which were alone treated, had

nothing whatever to do with the leucorrhœa, her sterility, or the pain she suffered in cöitus."

Dr. Oldham continues: "Another case has been given me, by Mr. Barnsby Cooper, (a distinguished surgeon in London,) which, like the preceding one, *ended fatally*, and which he has given me his permission to publish.

"A young married lady, of great personal attractions, was attended by Mr. Cooper, for a slight but painful tumor, which he operated upon and cured. She then spoke to him of what had been to her a very distressing social trouble, namely, her sterility, which she informed him was associated in her case with a *perfect indifference* to sexual intercourse. Mr. Cooper examined her sexual organs; but as he could not discover any defect which could be remedied by surgery, he referred her to a distinguished physician accoucheur. This gentleman detected the womb in a retroverted state, which he looked upon as the probable cause of her sterility and indifference to conjugal pleasures. A *severe and continual leucorrhœa*, which had been *increasing from early womanhood*, and which was the *real cause* of all she suffered, was wholly overlooked. For the cure of this displacement, he introduced a supporter to keep the womb in place, which immediately produced an inflammation in the bowels, of which she died in three days."

It is much to be regretted that the warnings which

such cases imperatively suggest should not be published, to deter others from such dangerous and also useless practices. My own opinion is, that mere displacements forwards or backwards, if there be no *leucorrhœa* or weakening disease, does not cause sterility; and I cannot but characterize the practice of fixing the womb in a definite position, by a supporter, as rash and hazardous, causing severe irritation, with pain, and even death, to the patient, with, at the best, only a very questionable amount of ultimate good. It is far better to let the womb alone, and improve its healthy condition, *cure the leucorrhœa* by such treatment as will restore the health of the sexual system, as well as the rest of the organs of the body, than to attempt any operation. The real trouble is in functional difficulties, which they have allowed to grow upon them, not in organic diseases, as these cases sufficiently prove.

It is the direct object of this little book to prevent these weakening diseases, by directing the attention of mothers and daughters to *themselves*, and the course they must pursue, in order to have healthy organs of generation; not by neglecting them, and turning off the mind as from something vulgar, but by attending to *their healthy state in the privacy of your own retirement*. Keep them healthy, as you value health and happiness in the married state. God has given you sexual organs, and sexual feelings and emotions,

to be indulged and enjoyed under virtuous and proper restraints.

Young ladies are to become wives and mothers ; and drive it as much from your minds as you will in earlier years of puberty, *your happiness in the married state* will depend much, *very much*, upon the healthy and active condition of the sexual organs. And how can they be healthy if never attended to before marriage ? If a leucorrhœa, *very slight at first*, is allowed to become fastened upon the young lady, the prospects are that she will die early, will never have children, or, if she should be so fortunate as to have children, they will be unhealthy or die in infancy, and her life will be one of great unhappiness. Her husband will feel the chilling influence of this state of things ; and who can measure the extent of misery and unpleasant influences that may follow ? All this could have been prevented, with very little attention, at first. This young lady might have married with *her sexual organs in perfect health*, enjoyed the married state, with all the mutual and reciprocal pleasures of the sexual embrace, had healthy children, lived to a good old age, enjoying and imparting happiness to the husband of her youth, had her attention been directed to her own self in her girlhood, and had she kept herself healthy in that which is of such vital importance to her subsequent happiness and comfort.

CHAPTER VIII.

EFFECTS OF LEUCORRHOEA, OR WHITES.

MISTAKES MADE IN REFERENCE TO THE REAL CAUSE OF ILL HEALTH IN SO MANY YOUNG LADIES. — TREATMENT.

SURE are we, from the results of the most careful investigations upon this subject, that much of the unhappiness of the married state results from disease which commenced in the girl when she was sixteen, seventeen, or eighteen years of age. A slight *unhealthy discharge* occurs from her external organs of generation. *It is very slight at first*; perhaps does not arrest her attention, even, until it has existed for some time; it makes no impression upon her mind; she has never been taught to think that any disease could or would occur in those parts of her body. It goes on, from neglect, increasing and increasing. Some casual circumstance directs her attention to something wrong *there* — yet she is modest, of pure and virtuous thoughts: she cannot think, for a moment, that she should debase herself so much as to direct her attention

especially to her own *sexual organs* — she banishes the thought from her mind — her mother has never taught her that disease often commences here ; that, with slow but sure advance, *saps the fountains of life*, and undermines the constitution in the important functions of reproduction, destroying forever the possibility of her having healthy issue, and laying the foundation of immense suffering to herself in after years. The disease goes on, unchecked, and soon shows itself more severe and extended. She still banishes from her mind all thoughts of the subject — *just thinks it is nothing* — *is ashamed to think*, much less to speak, of any trouble in her *private parts* — her sense of virtue, of purity, and modesty equally resent the thought of any disease there. Time rolls on — the difficulty gradually increases — she does not feel quite as well as usual, becomes more pale, her appetite fails, she tires more easily upon walking, she feels languid, cannot rise in the morning as early, because she feels *so tired* ; her friends notice something wrong about her. The ever-watchful eye of the fond mother detects something wrong in her darling daughter's health. She inquires if any thing is wrong. "No," she replies ; and truly, too, for she is probably regular in her monthly turns, and that is all she has been taught to regard as important in her sex.

Her fond parents perhaps send for the family physician ; or, perhaps, send her into the country, or among

her friends; they require her to rise early, take morning air, perhaps take her from her school or her piano; they give her strengthening things, as wine, bitters, &c. The difficulty is not in her studies, her school, her music, or her residence, or in her food. The disease increases; she blushes when she thinks something is wrong in her private parts. She is conscious of her purity of thought; she dares not speak of her *feelings*, her *pains*, her *weakening discharge*, her *sense of weakness*, of *exhaustion about her thighs*; she fears she shall be thought to possess impure thoughts, or to have been guilty of impure acts with herself—an idea so painful to her virgin purity, she, in conscious elevation of thought and virtuous innocence, banishes from her mind the whole subject. The disease goes on increasing; she suffers what none but a highminded girl of angelic virtue and endurance could bear; her pains increase; her appetite becomes more and more impaired; and the physician is consulted, and medicine ordered.

She now, in fond dreams of returning health, hopes for relief from her pains. She takes tonics, bitters, and various things; rides and walks, diets and bathes; uses all manner of means, in strong confidence that she shall yet soon be well. Her faith is strong; she loves her physician, reposes entire confidence in him; she fondly hopes she is better; she tries to think so, says she feels *some better*, tries to eat with more appetite,

feels stronger than before. But after a while the illusion vanishes from her mind ; she is conscious that, in reality, she is no better ; she suffers great exhaustion ; a weakening leucorrhœa, or reducing menorrhagia, reduces her daily. She tries to keep up, her friends use all means in their power to keep up, her spirits. But finally the mournful thought is impressed upon herself and her friends that she *has lost her health* by some *mysterious* cause. In obedience to what she supposes to be the ordinance of Heaven, she resigns herself to her situation ; lives in wasting suffering a few years ; takes a cough which her system is too feeble to throw off, even if it be a slight attack of disease ; she fails, and gradually sinks and dies — a blooming flower cut down and destroyed by a hidden worm.

Or, perhaps, after using various means with little or no benefit, she has an offer of marriage to some young man of great worth. Her friends rejoice in the hope that *perhaps* her health will improve after marriage. She loves life, has its hopes and joys full in view ; and *she* hopes, too, that marriage will improve her health in some *mysterious manner*. She is united to the object of her heart's first love, the idol of her affections. Her young heart, overflowing with pure love, is given to her gifted companion. Every thing bids fair for a happy life. She enjoys the matrimonial pleasures *in a degree*, is happy with her husband ; but *her difficulty* goes on increasing from day to day. Her sexual

organs have become *so weakened*, she feels *so exhausted* in her back, hips, limbs, &c., the sexual embrace of her husband is yielded to as a duty she owes to her dearest companion, rather than as being positively pleasant and delightful *to her*. She does not *enjoy* the sexual embrace. She is anxious to become a mother, but *her sexual organs are too debilitated*; she has no strength to conceive seed. Her husband loves her, restrains his own passions on her account; she fails gradually; finally cannot endure sexual intercourse; and in a few months or years dies — a beautiful rose of summer cut down in blossom.

Or, perhaps, the case may not be so severe, may be of a milder form, and, after marriage, the young bride becomes pregnant. She is filled with joy; her friends rejoice with her; they hope and think she will be better afterwards; her husband rejoices also. She is confined; has a blooming babe, the pledge of their mutual affection. She slowly recovers, but *her difficulty increases*; the child lives a short time, and then sickens and dies; all hopes expire; the mother fails, and finally sinks into her grave. The child dies because it *inherited disease* from its mother. Her organs of generation were *too unhealthy* to give birth to a *healthy child*. She may have met with several miscarriages from this very cause. The authors can cite many cases of each of these varieties, terminating in these different ways, but the same at last — blasted hopes, ruined prospects.

Now, the cause of all this is that *slight, neglected difficulty in her sexual organs* when she was sixteen or seventeen years of age. Had the difficulty been checked, as it might have been, in the young girl's private room, with no trouble whatever; had she been taught, from her mother, to guard with the *utmost care* those important organs in the female frame; had she been taught to notice the first unhealthy discharge, and bathe her sexual organs carefully in cold water, morning and evening, *daily*, all around her thighs and lower portion of her bowels; or to use spirit, or brandy, or cologne, freely, in bathing those parts, and carefully removing all unhealthy discharge at the first moment of its appearance, all this difficulty would never have occurred; the young girls would have been healthy at marriage, with healthy sexual organs; had all the enjoyments of the married state, as God designed, and have borne healthy children, and lived to train them up, a comfort to their husbands, an honor to their families, society, and the church of God.

The translator and compiler has seen in an extensive practice for many years, particularly in treating diseases of young women, and has witnessed so many cases terminating as the above, he cannot refrain from urging the *immense importance* of this subject upon the consideration of all young ladies. You are not aware of the momentous consequences resulting to

yourselves and offspring by neglecting the first beginning of weakness or disease in your own private parts. Your happiness, your health, your social enjoyments, your husbands' comfort, your lives even, and that of your offspring, all depend upon this. You must watch and care for your own sexual organs. No one can do this for you. In your first monthly turn, the seeds of severe disease are often sown, those seeds which will bring forth such fruit as has been described above.-

The young girl does not know what this discharge is, *exactly*; she does not carefully wash her labia, internally and externally, and all around her thighs, *morning and night*, as every girl or young lady, *in all cases, as they value health and life, must do, during each monthly turn*. A cloth is used, to absorb the monthly flow, until the discharge ceases; it is then removed. In a great many cases, a portion of the discharge remains; the labia are not carefully wiped internally; the irritating residuum excites, irritates, and troubles her; she rubs her underclothes against the external organs; this increases the pressure of blood there; the parts become irritated, and often has the compiler known of instances in which a *slight leucorrhœa was established before the second monthly turn*, just from this cause. The same thing is done again; the parts are not washed as they should be, *morning and evening*, while the discharge continues; and the difficulty

increases, until confirmed leucorrhœa and ruined health are the consequence.

The young lady's genital organs and thighs should, in all cases, be carefully washed, internally and externally, *morning and evening, while every* menstrual period lasts. They should also be washed *daily*, from the period of puberty, between every monthly period : if a slight discharge should show itself, use stimulating washes, not within the labia, but all around the thighs, labia, bowels, &c. First, use cologne, or spirit and water, warm or cold, as is most agreeable ; if this does not arrest the progress of the difficulty, use brandy all around the thighs, until it *arrests the difficulty*. Stop the weakening discharge *by all means, at whatever expense or trouble*. At the same time, do not fail to use warm or cold water, internally, to the genitals, while the spirit is applied externally.

Do you ask what it shall be done *with* ? Use a soft, fine piece of sponge. No young lady should be without a soft, fine sponge, *expressly to wash her genital organs with, daily*, any more than she should be deprived of water to wash her face with, daily. Indeed, you may go without washing your face, and be healthy ; I do not say you would be an agreeable person to kiss or be kissed ; but it will not *ruin your health*. But if you neglect to wash carefully your own private parts, daily, you will *have disease that will shorten your life, destroy your happiness, the*

happiness of the married state, and prevent your having healthy issue.

The compiler is aware that this is a delicate subject to write upon ; but do not say that he is vulgar. He writes for your good, *young ladies*. The subject is infinitely important for your *present and future welfare*. Many young married women, to whom he has made these facts known, have thanked him over and over again for what he has told them and the cases cited ; and they have begged of him to prepare this book for the benefit of young girls. Many have assured him that they would have given any price for such information before they were married. Many have been greatly benefited by commencing the observance of these directions, even after marriage, when these diseases were increasing upon them. These directions will be of the greatest value to those who are the victims of serious and prostrating leucorrhœa, or reducing menorrhagia ; but prevention is better than cure. The former can be *done in all cases*, with the faithful observance of proper attention and directions ; the latter will be benefited, and, if not too far gone, cured.

CHAPTER IX.

EFFECTS OF LEUCORRHŒA AND MENOR- RHAGIA.

CASES REPORTED BY THOSE WHO HAVE BEEN CURED. — CASES
RECENTLY PUBLISHED IN MEDICAL JOURNALS. — IMPORT-
TANCE OF THE SUBJECT TO YOUNG FEMALES. — TO MOTHERS.

IN justice to the subject, and for its more perfect elucidation, perhaps the compiler ought to introduce some extracts from letters he has recently received from ladies who have honored him with their confidence, and whose family physician he has been for years. Names are omitted, and portions only of the letters are transcribed ; for the writers are now living, and will doubtless read this book. No apology to them will be needed, for, their names and residences being omitted, they will find full justification of the liberty used with their communications, from the great importance of the subject, and *their desire* that all others may not suffer as they have done. Had the letters been written for the public eye, they might

have been couched in different language. The first I shall introduce is dated

W——, September 21, 1852.

PROF. ——,

MY DEAR SIR: You are well aware that in a few days we are to remove to a distant part of the Union, and we may never meet again. I could not leave without giving some testimony of our kind regards and warm attachment to you as a physician. For fifteen years you have been our family physician, — excepting during your absence in Europe, — and your constant and kind attention to us has won from us all our entire confidence and love; but probably you will be our family physician no more.

* * * * * One thing I wish to say to you — when you was first called into our family, my health was miserable. I had two children, feeble and puny creatures, as you well know. You kindly questioned me about my female complaints. I answered your questions as briefly as possible, as you well remember. You told me my difficulty originated in my sexual organs; that it commenced years ago, &c.; and you directed me what to do. I at once commenced using the remedies you directed, and my health began rapidly to improve. Since that time I have given birth to six children, as you well know, for you have been with me at the birth of five. My first

two children died in early infancy — the other six are all in perfect health.

I wish to tell you how it was with me. I began my first monthly period when I was just sixteen years old; I was at school, and had always enjoyed good health. I used a cloth, as girls usually do at such times, but took no particular pains to bathe myself. In about a year and a half, a slight white discharge followed my monthly period for a few days; I felt weak, had pain in my thighs, and an irritation about the external organs. I banished it from my mind; the difficulty increased after *every turn*. At last *I suffered constant pain, felt tired and weak*, could not rise early in the morning; the white discharge continued. I left school, because my parents thought I studied too hard; but this was not the case. I travelled, rode horseback, walked, used strengthening medicines, wine, &c. My health was not good, and this difficulty increased just as my health failed. I married Mr. D. when I was twenty years of age. I was not in very good health, but hoped to be better after marriage. After marriage I tried to be happy; my husband was in good health, and I tried to make him happy — tried to feel that I was better. We lived three years without children; I was so prostrated, had so much pain and weakness in my thighs and back, such a discharge of whitish matter, — *leucorrhœa continuing more than half the time*, — be-

tween my monthly turns, that I can truly say I never enjoyed the married state. At first I thought I did, but after a year it was very painful to yield to my husband's wishes ; duty to him as a wife, and to God as a Christian, only induced me. I was so weak, so exhausted, *so constantly tired*, I could not yield to my husband's wishes only occasionally. My friends told me *if I could have a child I should be better*. I loved life, loved my husband dearly, and I felt a strong desire to have a child. I tried to enjoy his embraces, and at last felt happy to think that I was to become a mother. My Charlie was born—a poor, unhealthy child ; I was worse after than before. Time rolled on, and in three years I was again in a family way ; both these dear babes died in early infancy, and *my health was miserable*. Then was the time you were called, and became our family physician. You told me what my difficulty was, and what to do ; I did not believe it at first, but I tried what you recommended, and in two months began to enjoy the privileges of married life as I never had done before. In four months *I was well, as you well know*. I was astonished at the change. I enjoyed more in four months than in all my married life before. My husband felt the change, and you cannot tell how much our domestic happiness was increased. And it has continued, without abatement, ever since. I have, you know, *six healthy children*, which are all well now. This change

in my health I owe, under God, to your kind and tender advice and treatment. I am confident I could not have lived long as I was. This all began from my not attending to my own private organs when I was a girl, particularly after my monthly turns. All our happiness as a family we owe, under God, to you; and while we live we shall not cease to pray for you, and remember you with the liveliest gratitude.

I have recommended many young girls to take care of themselves as you directed, and in every instance they have retained their health. In no less than ten cases I have directed young, unmarried girls, whose health was miserable, to follow your advice, and use the treatment you recommended; and they, every one of them, got well, and *have become perfectly healthy*. I wish you would prepare a book expressly for young ladies, for their own private companion. I believe it would do much good. I am fully convinced that difficulties in the female organs are the cause of the loss of health in so many young women, and that not only valuable lives would be saved, but families made happy and fruitful, and domestic felicity would be greatly increased, by your publishing a little book *expressly for ladies*. I feel that the information you gave me, with the treatment, has not only restored my health, but saved my life even; greatly increased my happiness and enjoyment in the married state; and with a family of dear children, healthy and happy, I

am now well, and have much of the happiness of early wedded life. Not only have I experienced all this, and much more not proper for a lady to relate, *even to her physician*, but I feel happy that I recommended no less than eight of my friends, who were suffering as I did, to consult you with reference to the cause, and the means necessary to get cured of such troublesome difficulties. You know them all, for you have been their physician also for many years. They all attribute their loss of health to a neglected disease in their own private organs before their marriage; they are all well now, and believe they could not have been cured had it not been for what you so plainly, and yet so kindly, informed them. May God spare your life, and make you a lasting blessing to others similarly affected, is the daily prayer of us all.

I can name no less than twelve young ladies, within my own acquaintance, who were suffering from a weakening discharge, pains, and general exhaustion, to such a degree as to unfit them for the enjoyment of society or their own duties, entirely cured by following the directions given in your written advice to Mrs. N., for her daughter Isabel. How much good would result to society, to the church, and to the world, would you, sir, prepare a work upon this subject, *especially for young ladies!* The difficulty commences with them; they should be taught how to avoid the development of diseases, by checking them at once

May you be guided by wisdom from on high is the prayer of your sisters in the church of Christ and your ever grateful patient.

With lasting gratitude, I shall ever remain your true friend,
D.

This letter is very long, but it seemed impossible to abridge it and do justice to the subject. A few more cases will be given, as briefly as possible. The next is an extract from a letter dated October, 1852, and is from a lady of high standing in the church and in society, of great intellectual and moral worth and extended influence. She says, —

DEAR, KIND DOCTOR: I do not know what would have become of me, had not a kind Providence directed you to our city. In 1837 I was almost in my grave with the leucorrhœa, attended by severe pains in my groins, back, limbs, &c., with *excessive prostration*. We had been married four years, but had never had children, as you well know. We had despaired, and supposed we never should be blessed with offspring; I could not say I ever had, at any time, one particle of enjoyment in the privileges of husband and wife — I was so exhausted, so weak, so reduced. You was called to visit my husband in his sickness, and then examined my case, and kindly informed me what and where my difficulty was. I followed your

directions, and in three months was entirely well, and then began to enjoy the privileges of the married state. I entered a new world, — my husband was also more happy, — and now you well know four healthy children are the sweet pledges of our mutual love and happiness. My difficulty commenced when I was seventeen years old, by slow and insidious steps. You have been our physician for fourteen years, and, if you were not to leave this section of country, probably would ever remain so; but duty calls you elsewhere, as you honestly believe, and we would not oppose, although we are sorry to bid you farewell. Let me say one word in conclusion: ought you not to prepare a work for the special benefit of young ladies? I fully believe it would be a great blessing to *our sex*. Our prayers and sympathies shall ever be with you, wherever you may be placed.

Yours, in sincere regard,

M.

The following is from a young lady of nineteen years, unmarried: —

“DEAR DOCTOR: I can never be sufficiently grateful for the advice you gave mother, in my case. I followed your directions three months, and am now entirely well. The difficulty commenced with me when I was sixteen and a half years of age, while at school. It became so severe that I left study,

and tried *every thing to get well*, but in vain. I took bitters, wine, steel, &c., exercised, rode horseback, walked early in the morning, bathed, dieted, &c., but all to no purpose. I suffered continually, from a whitish discharge, between my monthly turns—had great pain in my groins, hips, back, &c. But now I feel perfectly well; I thank you, and trust I always shall remember your advice with gratitude to my dying day.”

The next extract is taken from a letter dated December, 1852.

* * * It is now more than a year since I commenced using the means you prescribed and followed your directions, and can say truly, that, for the last eight months, I have been perfectly well. My trouble commenced when I was about seventeen years of age; then I first noticed two or three clots in my monthly turn, with severe pain and weakness afterwards. The pain increased each time, and the clots also, accompanied with great weakness across the small of the back, and pain in my side and around my shoulder. Each monthly turn grew less in amount, while the suffering increased; my appetite became poor; I had a hacking cough; my feet and ankles swelled, and my countenance became flushed and bloated.

I left off sewing, took exercise about the house, all

I was able — walked out in the morning, rode in the open air, bathed, dieted, &c., but still did not improve — I only seemed not to grow worse as rapidly as before — but I still suffered dreadfully in my “courses.” I was regular as to time, but was not unwell as many days. I applied to two of the best physicians in this city, and was under their care nearly two years — took baths, tonics, iron, myrrh mixture, steel, &c.; travelled, went to the sea shore, and, in short, did every thing they directed, to regain my health. But I did not gain; part of the time I seemed to remain stationary, and part of the time I felt that I was growing worse. My cough continued, with pain in my side; my back became dreadfully weak; my appetite very poor; my face and ankles bloated, &c. My monthly courses had become more and more painful and reducing, but still became less and less each time, at last consisting mostly of a few clots, lasting only one day, or part of a day. The physicians informed my parents nothing more could be done for me, that I should not live long, &c. I still loved life, and was anxious to see if something more could not be done. My mother came with me to consult you; I need not say more. You directed my attention to the cause of all my troubles. I commenced following your directions, and in less than four months was entirely well, and have remained so since. My courses are now perfectly regular, and in all re-

spects as they should be. I have no cough or pain in my side ; do not bloat at all ; have a regular appetite — and do not suffer severe pain at my turns.

Your grateful patient and friend, L.

The above was one of the most unpromising cases of menorrhagia the compiler has ever known. The young lady is now twenty-one years of age, and the picture of health.

These “cases” might be multiplied to almost an indefinite extent by extracts taken from letters actually received, and in possession of the compiler, from those who have been cured and restored to vigorous health from the most exhausting and weakening female difficulties. The following case has just been published in the New York Journal of Medical Science, reported by Dr. Dermold. The compiler takes the liberty to transcribe it, inasmuch as it presents a case of very frequent occurrence among young married females, who so soon seem to fail in health and gradually decline towards the grave. It also offers a striking proof of the efficacy of the means recommended in this work, with the happy results that this family experienced from the treatment.

It is recorded in vol. iv., p. 68, of the above journal. “This case,” says Dr. D., “was one of a married lady, of lymphatic temperament, who had always been regular in her monthly courses until her marriage,

which took place while yet very young. Soon after marriage her monthly courses became deranged — the pain at each period being so excessive that she had invariably to keep her bed for about a week. The pain and distress was so violent, at times, as to produce convulsions ; and, withal, she never lost more than a few drops of blood during the first few hours of each menstrual period. She had never, during the eight years of her marriage, been pregnant. She had tried the whole routine of remedies for difficult and painful menstruation, and been attended by the most skilful physicians, with only temporary and partial relief. Besides her regular attacks of illness every four weeks, she complained of a continual feeling of soreness across the lower portion of the bowels, which was much increased after sexual intercourse. She was subjected to such treatment as is recommended by the authors, with a plain and simple diet. Her bowels were regulated by rhubarb. In a few weeks she entirely recovered ; has her turns, with ordinary regularity, as to time and amount, without particular suffering. A few months afterward she became pregnant, and at the proper time was delivered of a healthy child.”

In Guy’s Hospital Reports, (of London,) Dr. Ash-nell, a distinguished lecturer on diseases of females, says, “ We constantly see young women, of apparently healthy constitutions, in whom puberty and the

monthly courses were fairly developed, who subsequently become weak, generally debilitated, with great derangement of the entire system, *all in consequence of disorders originating in their menstrual turns.* And any person must have noted females in whom this ill health alternated with intervals of good health, answering exactly to the state of the menstrual function. Again: the precursor of returning health to such females is, invariably, a more copious and better colored monthly course, or discharge. All these observations tend to prove, it appears to me, that the *primary disorder is to be sought in some derangement in the menstrual period*, which, acting upon a susceptible constitution, induce all the secondary diseases which so often characterize it, and which, in turn, entail a new series of grave, and oftentimes fatal, attacks." This distinguished physician then records a number of instructive cases, in proof of the positions assumed above.

The celebrated Dr. Davis, of London, in his extremely valuable work on Diseases peculiar to Females, published in 1850, says, "The morbid influences of leucorrhœal discharges are, first, those which affect the organs immediately concerned — *the female sexual organs*; and secondly, those which disturb the general health. It is a fact, that organic diseases of the womb, and the internal sexual organs, are often preceded, during many years, by fluor albus,

or the whites. Dropsies, and other fatal diseases of various names and forms, *are consequences and undoubted effects* of leucorrhœa. We may indeed observe, that the faculties of sense, sight, hearing, &c., and even the faculties of the mind, *are not unfrequently injured* by long-continued and profuse leucorrhœal discharges.

Among the inconvenient effects of the whites is one which, in the connubial state, is a very frequent attendant upon it; namely, an almost absolute indifference to the conjugal embrace. In some cases, indeed, a stronger expression might be made use of to represent this fact. The opinion of a distinguished female, well versed in matters of this kind, will be received by the reader at least with candor: “*Quibuscumque matrices humor ad vulvam respondet, harum corpus frigidum est, nec possunt aliquo modo masculi cœitum gratum habere: frigidum vero corpus intrinsecus habent usque in extremas partes.*” CLEOPATRA, *De Matrice Humorosa*.

These cases might be greatly increased in number, did the limits of the present volume permit; but the above are deemed sufficient. They show what, in a great majority of cases, is the real cause of the failure of health in so many of the fair sex — that the whole difficulty is *primarily in the organs peculiar to females*. They are not taught the means they must use to keep themselves healthy in these respects. Those delicate

and important organs *which are the centre of "sympathies"* in the female, the *most important* to be kept in health, are left to take care of themselves in young girls. They are not instructed to watch over their own persons in this respect, and guard against the first inroads of disease. The difficulties, slight at first, commence here, and at once the whole system sympathizes; the general health fails, and the local trouble is reacted upon by the loss of general health, and increases — the fire is fed by its own blaze, and the poor girl sinks into the most wretched state of health in consequence. She drags out her existence in sufferings, the severity of which are only known to herself.

If she marries her heart's chosen idol, she does not enjoy what God reserves especially for the virtuous union of man and his wife. She accepts rather as a duty what God designed to be the very maximum of earthly happiness, especially reserved for the married state; she never knows the bliss of her matrimonial pleasures. A married couple *cannot be happy without sexual enjoyment*; no instance has ever yet occurred in which this has been the case. God has so ordained it, and it cannot be otherwise. She may think she enjoys her husband, and all that appertains to the married state; but let her health be restored, let the sexual organs regain their primitive vigor, and her happiness and pleasure are at once immeasurably increased.

While the disease continues she cannot become impregnated — or, if she should, the offspring will either be stillborn, or die in infancy. She cannot be the happy mother of a healthy child, for the parts of her system in which the child is to remain nearly nine months of its existence, and during its early development, are too much diseased to allow healthy processes to go on. She drags out an existence, in miserable health, all her days, — never well, never able to endure mental or physical labor, — and dies in early life. How very often is this the case with young ladies *brought up in cities*, and the *wives of professional men*!

The cause of all this is in the fact, that, in the years of their girlhood, they were not taught to keep in health their own private organs. A disease gradually develops itself there — unnoticed and unchecked. Will it make young ladies impure in thought, or unchaste, to have their attention directed to their own sexual organs by a beloved mother, and taught their infinite importance, and the means of keeping them in health? The authors have too much confidence in the virtue, the dignity, and purity of mind, in the fair sex, to believe this. Will the young lady of virtuous parents, well educated until the period of puberty, be rendered lascivious in her thoughts and feelings by being taught the absolute importance of bathing her sexual organs *twice a day*, while her

monthly turn lasts, with cold water, (or warm water, if preferred,) with a soft sponge, and daily, afterwards, to remove every drop of irritating fluid or secretion, as readily as she would by being brought up to neglect those parts, apply a cloth to absorb the discharge, and thus retain the menstrual fluid to irritate her sexual organs, by heating and chafing them? Surely, all common sense and right reason will declare that the latter is the surest and most effectual mode of developing impure and lascivious thoughts. The history of the world also proves that the fruitful hotbed of impurities, in young ladies, arises from this heating, irritating fluid, with drops of urine, retained to the vulva by a tight cloth.

There is no quackery about this. The authors recommend what all can get — and no concealment is pretended, or desired. O mothers! will you not, as you value the health, the happiness, present and future, and the moral purity of your daughters, teach them to *wash carefully, and be clean?* Can it hurt them? Then be prevailed upon to try this method; it is not costly nor farfetched, but is within your reach. *Teach every young girl, at puberty, to wash her external genital organs with care, by using a soft sponge, or cloth, morning and night, every day their monthly turn lasts, and every day of their life, at other times.* This course, if faithfully carried out, will keep those organs and functions healthy.

But should a white, mucus-like discharge commence, or should the monthly turn become lengthened, or should it be painful, with small clots of blood, paler than natural, use cologne water, bay rum, or alcohol and water, freely all around the thighs, hips, bowels, and loins. If these fail, use brandy freely, — externally applied, as warm as it can be borne, — until health is restored. If that fails, then obtain and use the preparations recommended in the Appendix to this book — and depend upon it, your daughters will be healthy in these respects, when they are of suitable age and wish to marry. They will enjoy the social rights of matrimony, will make their husbands happy, and will become mothers (if they wish) of healthy offspring.

CHAPTER X.

EFFECTS OF LEUCORRHŒA AND MENORRHŒA, CONTINUED.

ADDITIONAL CASES REPORTED BY PHYSICIANS IN LONDON, IN PARIS, IN PHILADELPHIA, &c. — INJURIOUS EFFECTS OF LEUCORRHŒA, OR WHITES, IN MARRIED LADIES, UPON THEIR HUSBANDS, ILLUSTRATED BY CASES.

THE great importance and almost universal prevalence of leucorrhœa, or whites, in this country, has induced the compiler to add another chapter, giving additional authority, both for the extent of the disease, and the safety, as well as *value*, of free ablutions to the sexual organs of young girls, notwithstanding the universal fear, among women, of the use of water to their private parts.

In a recent publication by the Medical Society in Massachusetts, with the sanction of the learned members of the medical profession in the Eastern States, Dr. Ashnell, of London, says, "Of all the diseases peculiar to the female sex, there is none *so common* as

leucorrhœa, or the whites. Few married women, particularly if they are mothers, escape its attacks. There is abundant evidence of its almost *universal prevalence* furnished to practising physicians.

“In its first appearance,” continues he, “there is so little pain, so little constitutional disturbance, *so little irregularity* in the functions of the *female sexual organs*, so little to trouble the patient, that we cannot wonder that it is neglected so uniformly; and yet I am confident, if care were taken at the early stage,” particularly in young girls, “if *ablution only was frequently practised*, the *tone of all the sexual organs of the female would be regained*, and *future mischief entirely prevented*. So far as my observation has gone, there is amongst *young ladies*, and *women generally*, in this country, *an unfounded dread of the application of water to the sexual organs, either cold or warm*.” (See Ashnell’s great work on *Diseases of Females*, p. 238, &c.)

The above remarks were made particularly with reference to young ladies, and women generally, in London, the theatre of the author’s practice; but they are no less applicable to young females in America. Says the distinguished professor of diseases peculiar to females in the American Medical College in Philadelphia, “I am confident, if young girls were taught to *bathe freely and often their own sexual organs*, from the first appearance of puberty, in *simple cold water*,

the healthy and vigorous state of those organs would be retained, and those weakening diseases, now so prevalent and so ruinous in their consequences *to the female organs*, would be almost *entirely prevented*. But there is an unfounded dread of the application of cold water to the female sexual organs. Let mothers teach their daughters to bathe *carefully* that portion of their system *every day in cold water*, and no evil need be feared; or, if they prefer, let them use warm water; but let the most scrupulous care and attention be given *to the sexual system*, and let the first appearance of those weakening discharges be the signal for renewed effort and care, until the disease be entirely removed.

“The duration of leucorrhœa, or the whites,” continues Dr. Ashnell in the great work cited above, page 242, &c., “has often astonished me—many individuals stating that they have suffered from it *for years*, and some even during their *whole lives*. But it is *a disease still*, and a most serious one, too—gradually but surely undermining the constitution, and laying the foundation for infinite suffering and misery in after-life.

“The simplest and mildest form of leucorrhœa is when the mucous or whitish discharge from the vulva is simply more abundant than in health; but it may still retain its natural character, still be white, transparent, and glutinous mucus, *simply stiffening the linen*. But as the disease progresses, the discharge

varies much in quantity ; sometimes it becomes so profuse as to oblige the lady to change her napkins several times daily ; at other times it is less abundant, but more heating and irritating. There is usually more or less heat and tenderness about the external sexual organs as this disease continues.

“Recent cases,” continues the same high authority, “of leucorrhœa will yield to ablutions and lotions, applied, not as injections, but as washes, to the external parts, with a soft sponge, or linen, the genital openings being exposed to the water *by separation of the labia.*” From this incipient and mild form every degree and variety will be met with, up to the most aggravated and severe examples of this affection. The discharge may not only be excessive, but highly irritating ; and there may be heat about the external genitals, scalding of the water, pain and difficulty in making water, &c.

“In many instances, these leucorrhœal discharges are so *habitual and exhausting* that complaints of congestion in other parts of the body occur, as pains and pressure in the head or chest, pains in the limbs, neuralgic pains in the bowels, &c. Leucorrhœa is a *common sexual disease*, and, in married ladies, frequently results in sterility, from the wasting away of the external organs of the female, with final prolapsus of the womb, &c. The external organs lose their natural *plumpness and elasticity ; become flabby, soft, and des-*

titute of vigor. There will also attend this disease paleness of the countenance, partial emaciation, or rather thinness of person, indigestion, impaired appetite, with constipation of the bowels, languor, and general weakness." — *Page 246.*

"I have known examples," continues Dr. Ashnell, "where primary attacks of leucorrhœa *were rendered aggravated and chronic* by an unnatural heat of the external parts, *produced and maintained* by the constant wearing of thick napkins, to secure the female against the discomforts of large discharges, which were, *by this measure alone, rendered still more excessive and constant*, a greater supply of blood being thereby induced to flow to the sexual organs." — *Page 249.*

"The general health may be fearfully, and sometimes fatally, broken down by chronic or long-continued leucorrhœa. If it exist in the young girl, or in those who have scarcely passed twenty years of age, difficulty and suspension of menstruation, with chlorosis, with their numerous evils, and ultimately consumption, may occur. Nor would these results appear so astonishing, if by accurate inquiry the quantity of mucus constantly discharged were really known. It would then scarcely surprise any one, *that a girl, delicate perhaps from birth*, or who at least may never have enjoyed the best of health, should eventually die from consumption, after a drain of blood for months and years, sufficient to furnish an ounce, or several

ounces, of leucorrhœal discharges daily. Nor is it more to be wondered at in married women that menstruation should be long suspended, and that conception should be prevented, during the *exhaustion* produced by these discharges." — *Page 250, &c.*

"The sexual organs," continues Ashnell, "in most leucophlegmatic females, *are habitually relaxed*, and there are not a few where a very small quantity of mucus seems naturally to exude from the surface of the genital opening. This only requires for its control and removal careful and repeated ablutions with water. But this habitual and trivial discharge continues increasing, and becomes aggravated *by neglect*. This discharge is generally white at first, stiffening the linen; and if there be neglect of cleanliness by daily ablutions, it becomes colored of a greenish or yellowish tinge; becomes heating, irritating to the sexual organs, and may produce inflammatory abrasion of the upper part of the thighs, with heat around and within the labia."

"Out of nineteen females subject to leucorrhœa, or whites, habitually," according to M. D'Espine's researches, "six were robust, nine were moderately strong and vigorous, and four weakly, at the commencement of the disease." — *Archiv. Gen. de Med.*

With regard to the effect of this disease in married ladies, and the consequences that often result to the husband, Lisfranc, that celebrated French writer

on diseases of females, says, "It is difficult to ascertain whether these white discharges are, or are not, contagious; whether the husband may not be the victim of VENEREAL simply from sexual intercourse with his wife, if she be subject to long-continued and neglected leucorrhœa. One thing is quite true, that, in women of indisputable virtue and purity, leucorrhœa is sometimes so acrimonious as not unfrequently to produce discharge and abrasion in the husband; and in some occasions, I am almost confident that eruptions and decided ulcerations in the husband have been amongst the results of sexual intercourse with his wife, when suffering from aggravated and continued leucorrhœa. In these cases, the shadow of suspicion could not rest upon the virtue and purity of the female." — *Page 264.*

"If the leucorrhœal discharge be only small in quantity, and if the young lady was originally robust and healthy, months, and even years, may elapse without any serious results; *but they come at last.* I have often wondered to find the pallor, the wasting away of the system, and other indications of debility, *so extreme*, when the discharge was scarcely more than by drops. In some instances, the discharge becomes excessively irritating.

"In the winter of 1849, I was requested," says Dr. Aslnell, "by Mr. Fenner, a distinguished surgeon at Islington, to visit a patient of his suffering from leu-

orrhœa. She had been confined more than two months ; her own reputation and that of her husband were above suspicion. The severity of the pain in making water, and the profusion and acrimony of the discharge, were such as to have induced the belief that it was a gonorrhœa, which the husband also received from intercourse with her."

The following cases, recently published in London, and republished by a medical society of Massachusetts, are inserted to illustrate what has been said on preceding pages, and to show what views are entertained, by that learned body of physicians, with reference to these distressing diseases. (*See publications of Medical Society*, p. 282.)

July 10, 18—. Mrs. J——, aged twenty-six, residing near Guy's Hospital, has been married six years, and has borne three children. Prior to her first confinement, — *immediately, indeed, after marriage*, — she had leucorrhœa; but it was attributed to the excitement of pregnancy, and ceased soon after delivery; no treatment was adopted. During both subsequent pregnancies the discharge returned, and disappeared after recovery. She imputes the present attack to overnursing, having suckled her last infant nearly sixteen months. Since she weaned him — now a year and a half — she has never been free from sexual discharge; and for the last nine months her weakness has been extreme. In early life, she was

remarkably healthy, *embonpoint*, and active. She is now colorless and pallid, emaciated, and incapable of any exertion; she has lost her former animation, and is obliged to sit or lie nearly the whole day upon the sofa. Her legs are swollen, and the skin of the face and eyelids is extended and flabby. On the whole, there is complete prostration and exhaustion of the system, solely the consequence of leucorrhœa, or whites. Many remedies have been tried, yet she had frustrated any beneficial effects of treatment *by always wearing too thick napkins*. Thus the *generative* and *sexual organs* were constantly heated by the thickness of the covering applied to the genital organs to absorb the discharge; and the result was a still greater increase in the discharge.

It was with difficulty she could be persuaded to use any further means, she was so well convinced that nothing could benefit her. She was finally persuaded, above all things, *to leave off the napkins*. The discharge was usually thin and watery, sometimes viscid, and occasionally purulent and streaked with blood; but there never had been any offensive odor. She had, for many weeks, abstained entirely from sexual intercourse with her husband. So great was the drain that she sometimes found it necessary to use six napkins in twenty-four hours. It is not at all surprising, then, that her constitutional powers and her general health were exceedingly impaired. In the treatment

of her case, the napkins *were entirely and most beneficially abandoned*—*frequent ablutions and clean linen* being made their substitutes. In all cases of continued leucorrhœa, the wearing a protection of this kind, and sometimes a pad, which is still worse, *perpetuates the disease*. And now, in every case, I am particular to remove them at once. This lady entirely and perfectly recovered.

This is an instructive, because it is a very common, case of severe leucorrhœa. Overnursing and *frequent pregnancy* are almost sure, sooner or later, to be succeeded by this exhausting disease.

The following case is published in the same work, reported by Dr. Joseph Ridge, of London : —

“Marianne B——, aged nineteen, of florid complexion, ordinary stature, and sanguineous temperament, was visited July, 18—. She had always enjoyed good health until eleven weeks since, when she began to complain of uneasiness in her stomach, with pain in the bowels. This was soon followed by pain in the right groin, which increased towards night. This was accompanied, at first, by a mucus-like discharge from the sexual organs, which gradually increased in quantity, and after a short period became thick, yellowish, and finally very offensive. Her monthly turns continued regularly, while this leucorrhœa occupied the interim. Her general health suffered much ; she feels weak, and indisposed to exertion. There is a profuse

discharge from the vagina, coming on after exertion ; occasionally it continues two or three days together, and then ceases for a day or two, when there occurs a sudden gush. She has pains in her back, with a bearing-down sensation, which is relieved by a sudden flow ; complains of lancinating pains *in her sexual organs, extending within* ; pains in her groins, bowels costive, with poor and irregular appetite.

She was obliged to lie upon the sofa most of the time, feeling great prostration and general lassitude. She applied napkins to absorb the discharge. These were immediately removed, and water applied freely, externally and internally, which, with the use of other remedies recommended in this work, soon restored her to perfect health.

The following cases are taken from Dr. Balbiròrie's work, (page 198,) showing two cases, as reported by M. Tealier, of Paris :—

Madame L——, aged thirty, of good constitution, and having had only one child, ten years ago, was tormented with an habitual leucorrhœa, with feelings of weight about the genital organs. Eight years ago, eight days after the cessation of the menses, there commenced an oozing of a whitish matter from the external labia, which was very troublesome to her. This continued, at first, but few days, when it entirely disappeared. After the next menstrual period it returned again, and gradually increased in quantity and length-

ened in time. It was so slight, and advanced so gradually, that no means were used to arrest it. The discharge continually increased, was of a yellowish-white appearance; and she became the prey of sadness, with loss of energy, and indisposition to exertion. Her constitution suffered severely. Appropriate treatment soon arrested the leucorrhœal discharge, and she rapidly regained her health.

M. Tealier has informed us that this lady, who had *been barren from this cause nearly ten years*, immediately upon the removal of the whites became pregnant.

The following case, by the same celebrated author, shows the effect of this disease in the married lady upon her husband, even when it has existed but a short time, comparatively:—

May, 1850. — Madam —, aged twenty-three years, has been married three years, and since the birth of her first child, two years since, her health has always been delicate, with a leucorrhœal discharge. She visited the springs and watering-places with her husband, and after an absence of some weeks, during which her health was greatly improved, they returned home. The whites had not entirely disappeared, but seemed much improved — the discharge being thin and watery, and *in small quantity*. During this absence, sexual intercourse had not been indulged. After their return, her health being so much improved, inter-

course was resumed ; and, as a consequence, the husband had all the symptoms of gonorrhœa. In this case, the reputation of both parties for virtue and moral purity was undoubted ; but still the discharge from the male continued for ten weeks, notwithstanding persevering and active treatment ; and this disease in the husband was certainly the result of this leucorrhœa in his bosom companion.

Cases might be multiplied, showing every variety and form of these diseases, as they affect different females ; but space will not allow further continuance of this subject. Enough has been said, it is believed, to convince every mother and young lady of the great importance of attention to the sexual organs in early girlhood, and that, in consequence of neglecting those important organs, infinite suffering and misery in after-life have been experienced by thousands and tens of thousands of young women.

CHAPTER XI.

CONCEPTION.

THINGS NECESSARY TO ITS OCCURRENCE. — CHANGES WHICH TAKE PLACE IN THE FEMALE. — LENGTH OF TIME IT CONTINUES. — THE FEMALE NOT CONSCIOUS OF ITS COMMENCEMENT. — LIABLE TO OCCUR AT ANY TIME SEXUAL INTERCOURSE TAKES PLACE.

THE character and position of the female organs concerned in the act of reproduction have now been described, and some of the more common of their diseases pointed out. We have now to consider the important changes these parts undergo when conception has taken place.

Before impregnation can take place in the female, several things are necessary. First, there must be actual sexual intercourse between a male and female. The male organs of reproduction must be in a healthy state, and actually secrete semen. In the female, also, it is necessary that her sexual organs should be healthy and physically competent for the performance of their functional offices; and there must be an increased de-

termination of blood to them. There must also be a consummation of the sexual act.

The effect of cöitus on the male subject is the discharge of semen; this discharge must take place within the external female organs, although it is not necessary that it should be within the vagina, for cases of conception have occurred when the discharge from the male was only on the edge of the external vulva. The female is not inactive in order to the full fruition and enjoyment of the sexual embrace. There is an increased flow of blood to the female private parts, followed by the most pleasurable and joyous emotions, and usually attended by a discharge on her part. A feeling of exhaustion and weakness follows this act, which, however, lasts but a very short period, in a state of health.

The first sexual intercourse is attended with pain and a discharge of blood on the part of the female. The labia are firm and unyielding; the vagina small and contracted, the entrance to it closed by a tough membrane, called the hymen, *the sure and unfailing test of virginity and moral virtue*. The rupture of this hymen by the male organ causes the flow of blood; and the effort of introducing, by the male, into the vagina, *in girls* of strong, vigorous health, *if young*, is any thing but pleasant and joyous, *at first*. She feels that she is the passive recipient, and is disappointed often. But soon this yields — she feels that

she, too, has a part to perform in this act, and a most pleasurable one, too.

The newly-married lady is very apt to become pregnant from the first sexual union, if in a state of health. But she is never conscious of this; it is a physiological act, unknown at the time, and only manifested by certain signs until some months afterwards. Every lady is liable to become pregnant each time she has connection with a healthy male.

From the moment of conception until nearly the termination of pregnancy the womb goes on increasing in size, distending the walls of the abdomen almost as much as they will bear, ascending gradually towards the pit of the stomach, in front of, and rather below, the intestines, which are in a great measure displaced and pushed up by the womb.

"The virgin womb," says Dr. Montgomery, "is about two and a quarter inches long, one and three quarters broad, and about an inch from front to back, with a cavity which would not more than receive into it the kernel of an almond. At the end of the ninth month of pregnancy, according to the calculations of Leviet, which are received by medical men as correct, the length of the womb is from twelve to fourteen inches, its breadth from nine to ten, and from back to front from eight to nine inches; so that its capacity is increased a little more than five hundred and nineteen times."

During the first month after conception has taken place, the womb seems to experience very little sensible change in its form and volume.

At the end of the second month it enlarges very much ; its form is rounded ; it fills most of the lower pelvis, or bowels ; but the belly, on the contrary, becomes often more contracted, more tense, and sometimes even a little painful.

After the third month the womb increases in size and in length ; it rises as high as the pubic bone ; it is then on a level with the upper part of the *mons veneris*. The belly is slightly swelled by the crowding back of the intestines.

At the end of the fourth month the womb rises above the pelvis ; its top is two or three fingers' breadth above the pubis, or the bone directly above the sexual opening. The belly is evidently enlarged, and about this period the lady often feels the motion of the child. This first motion is called "quickening."

At the end of the fifth month the highest part of the womb is found at two fingers' breadth below the umbilicus, or navel.

At the end of the sixth month the womb is developed so rapidly that its highest part rises two fingers' breadth above the umbilicus, or navel. Its general form is that of an ellipse, very much elongated from above, downward.

During the seventh month the upper part of the

womb rises but little higher than at the sixth month. At this time the lower part of the womb enlarges more, so that its elevation begins to decrease, and it assumes more of the spherical form, by which the female becomes much larger.

During the whole of the eighth month, and especially towards the end of it, the womb becomes much more capacious, more spherical, and rounded; the umbilicus, or navel, becomes distended and puffed out.

At the end or near the end of the ninth month, and consequently of pregnancy, the top of the womb, so far from rising more and more, as one might think, is situated lower than it was at the end of the eighth month, or even the seventh, many times. The upper part of it is found near the navel, or umbilicus.

Such is a brief statement of the changes in form, figure, and size of the womb, during pregnancy. Its entire duration is two hundred and seventy days, or nine solar months. But it is possible this period may be exceeded or diminished some days, as is proved by well-supported facts.

It has been stated above that "conception is a physiological act;" by this is meant that the lady is not conscious, by any peculiar sensation, when it takes place; neither is she certain that it has taken place, only as she experiences the common or ordinary symptoms of its existence, some weeks or months after. If sexual intercourse has taken place, whether enjoyed

by her, or even agreeable to her or not, if there be the least discharge of semen masculinum from the male, whether within or even upon her sexual organs, she is liable to become impregnated, unless the *fecundating or lifegiving property of that discharge be destroyed*.

It makes no difference at what period, whether immediately before, soon after her monthly turn, or any day between those turns, *every lady is liable to be impregnated at any time, if sexual union takes place*. Numerous instances are on record, in medical history, in which ladies have been impregnated nine, twelve, sixteen, twenty-one, and twenty-four days after the monthly period, and *every other intermediate day*. The opinion, so prevalent, that ladies will not become pregnant if sexual intercourse be refrained from four days before, and a week after, each monthly period, is without foundation in fact, as every educated man well knows. That ladies are *probably* more liable to conceive near the monthly periods, may be true. But conception is liable to take place at any time a healthy female is subject to the sexual embrace, (provided she be not already pregnant,) unless the vivifying property of his discharge, semen masculinum, be destroyed.

The signs of pregnancy, such as morning sickness, suppression of the menstrual flow, enlargement of the bosoms, &c., will be fully considered in succeeding chapters.

CHAPTER XII.

SIGNS OF PREGNANCY.

CHANGES IN THE FEMALE AFTER CONCEPTION. — SUPPRESSION OF THE MONTHLY TURNS. — SICKNESS AND VOMITING. — ENLARGEMENT OF THE BREASTS. — CHANGE IN THE DARK AREOLA ABOUT THE NIPPLES. — DEPRAVED OR LOST APPETITE. — ENLARGEMENT OF THE ABDOMEN. — QUICKENING. — MOTION OF THE CHILD. — PROJECTION OF THE NAVEL. — SLEEPINESS IN THE DAYTIME, WITH FRIGHTFUL DREAMS AT NIGHT, &c.

PREGNANCY may be strictly considered a physiological or healthy state ; but as the law of sympathy is one of universal prevalence, and the womb is the centre of this influence in the female system, the effect of this sympathy is shown in the general state of the body, as well as in the altered conditions of different individual organs. After conception, the shape and size of the womb soon change. With regard to its size, we have previously stated, when speaking of the virgin or unimpregnated uterus, that it was about two and a quarter inches in length, and, including its an-

terior and posterior walls, about one inch in thickness, with a very small cavity, — not larger than the kernel of an almond, — and that its shape was that of an inverted wine flask. After conception, something passes into this cavity, which, resulting from sexual intercourse and the deposit of healthy *semen masculinum* in the female system, becomes the embryo of the future child. The womb becomes gradually distended during utero-gestation, or the time the product of conception is maturing, to the period of its birth.

Inasmuch as conception is a physiological act, or one of which the female is not conscious at the time, the changes which follow can only be made evident by the existence of certain symptoms, or signs, which denote the fact that impregnation has taken place.

Among the first of such symptoms is usually THE SUPPRESSION OF THE MONTHLY FLOW. This often is the first indication to the lady that she is pregnant ; for it is a well-established fact among physiologists that *genuine menstruation* cannot coexist with pregnancy. But the disappearance of the monthly flow is, of itself, only an uncertain sign of pregnancy ; for all causes of disease which disturb the general health may produce the same result — as sudden cold, great weakness and debility, fever, &c.

Females are subject to considerable varieties in their monthly courses. Some who are habitually regular to a day, if they find that they are not unwell at

the precise time, naturally suppose themselves in a family way. On the other hand, others are exceedingly irregular; they may pass two, three, or more months without any appearance of the monthly discharge, and without serious injury to the general health.

Women sometimes experience small losses of blood, which nearly resemble the monthly flow, for two or three months *after* pregnancy has taken place. Some are deceived by this, and, supposing it the regular monthly turn, are led into an error, and suppose they are not in a family way. With some females, these periodical discharges of blood may continue for six or even eight months of the time; but these instances are extremely unfrequent.

SICKNESS AND VOMITING.—The stomach sympathizes strongly, in many cases, with the early manifestations of pregnancy. Few ladies escape becoming the subjects of the peculiar nausea and sickness incident to this period. It generally comes on immediately after getting up in the morning. This sickness continues generally for two or three of the first months, and then gradually ceases. But this symptom *alone* is not decisive of the existence of pregnancy. There are various conditions of the stomach, and bilious derangements, attended by similar nausea and vomiting.

ENLARGEMENT OF THE BREASTS.—This is an

indication of pregnancy more to be trusted than either of those previously mentioned. But sometimes the breast enlarges from an increase of flesh ; therefore this indication should be accompanied by other signs.

THE CHANGE IN THE SIZE AND APPEARANCE AROUND THE NIPPLE is probably the best *single sign* of pregnancy we possess. There is always more or less of a dark areola around the nipple in females of every age, and the same is true of males ; but this becomes much darker during pregnancy than at other times. If women become pregnant while nursing, there is usually a darker appearance given to this areola.

DEPRAVATION, OR LOSS OF APPETITE. — The nausea and morning sickness common to the early months of pregnancy are frequently accompanied by derangements in digestion, with depraved or lost appetite. This symptom, however, by itself, is merely an evidence of a deranged stomach, and does not prove the existence of pregnancy. But when it is united to other symptoms enumerated, it aids in arriving at the conviction of the existence of this state.

ENLARGEMENT OF THE ABDOMEN. — This enlargement begins from below, and gradually ascends. During the first month of gestation, the abdomen becomes flatter than usual. Should the monthly turn cease suddenly, followed very soon with enlargement of the bowels, the probability would be that other

causes than pregnancy produced this effect — such as dropsy, &c. In this case, there are usually other symptoms not common in pregnancy — such as difficulty of breathing, scarcity in the water, absence of enlargement, or secretion of milk in the breasts, &c.

QUICKENING. — This term is used by common people to express a certain stage of utero-gestation, when it has been supposed that the product of conception first possessed the living principle. The distinguished Dr. Denman, in his great work on this subject, remarks, “By the term *quicken*ing is understood the first sensation which the mother has of the motion of the child which she has conceived.” This occurs the latter part of the fourth month, or at the expiration of one half of the time of pregnancy. But many women do not experience this motion *distinctly*, while others feel it so sensibly as to cause fainting, sickness, &c.

THE MOTIONS OF THE CHILD. — The motions of the child in its mother’s womb are an evidence — positive, of course — of its being there. But sometimes the first motions of the child are so weak, so obscure, upon the mother, as to leave her in doubt whether it result from disease, the movements of wind, sudden nervous impressions, or the actual result of often-wished-for pregnancy. But this doubt cannot be of long continuance. But sometimes there may be no motion for the first few months, although a child be

conceived in the womb. The want of motion does not *positively* prove the absence of conception.

PROJECTION OF THE NAVEL. — This invariably accompanies pregnancy at about the sixth month ; but it also exists in other enlargements of the bowels. It requires the concurrence of other symptoms to render this a positive test of pregnancy.

UNUSUAL SLEEPINESS IN THE DAYTIME, WITH FRIGHTFUL DREAMS AT NIGHT. — This often takes place during utero-gestation, but may result from indigestion and a bilious state of the stomach. Ladies troubled thus should guard cautiously their diet, and receive uniformly kind treatment from their husbands and friends, says Davis, in his great work on Diseases of Females.

There are many anomalous and irregular symptoms which ladies experience during pregnancy — such as heartburn, increased secretion of saliva in the mouth, fluor albus, pruritus, or itching of the genital organs, swelling of the feet and ankles, bearing down or slight prolapsus of the womb, toothache, earache, noises in the ears, temporary blindness, &c. These symptoms are unimportant, and many of them may be referred to the excessive sensibility of the nervous system.

CHAPTER XIII.

DISEASES OF PREGNANCY.

SICKNESS AND VOMITING. — TREATMENT. — DIZZINESS AND PRESSURE ABOUT THE HEAD. — TREATMENT. — VERY COMMON BUT MISCHIEVOUS OPINIONS. — DIRECTIONS TO THE FEMALE TO GUARD AGAINST DISEASE IN HERSELF, AND RENDER HER OFFSPRING HEALTHY. — JAUNDICE. — PILES. — DIFFICULTY IN MAKING WATER, AND HOW RELIEVED.

By the diseases of pregnancy are to be understood those complaints which are produced by pregnancy. Among them are some over which medicine has little or no control. Sickness and vomiting are indicative of symptomatic derangement of the stomach, and, in spite of all that can be done, seem many times but little controlled during the early months — they become less severe and more mild the latter part of the term of gestation. If the sickness at the stomach be accompanied by a furred tongue, a bitter taste in the mouth, with loss of appetite and deranged bowels, it may be advisable to resort to mild physic, as rhubarb, dandelion, or thoroughwort — but all medicines that

act upon the bowels should not be used unless *positively necessary*.

The food of the lady must be regulated, both as regards quantity and quality, with the utmost care. That food is best for a pregnant female which possesses the greatest quantity of nourishment in the smallest bulk. Slops, diluents, and drinks of any kind should be sparingly used. Good meat plainly cooked, with bread, eggs, simple vegetables, avoiding gravies, fruits, &c., will correct and control this state of the stomach most effectually.

Some women are much troubled with dizziness, fulness, and pressure about the head, and general bleeding was formerly the remedy in these cases; but it is now known to be productive of more harm than good. The feet should be frequently bathed in hot water — they must always be kept warm, and a plain but good diet enjoined.

There is no error more universal or more hurtful than that which allows the expectant mother to eat any thing she may happen to want, with perfect impunity, *because* she is in a family way, and it will never injure her. Some will eat apples, with perfect impunity, at all times of the day or night, which they could not do if they were not pregnant. Others will eat pickles, cucumbers, green apples, roasted corn, artichokes, unripe cherries, currants, &c., oranges, lemons, pineapples, figs, dates, prunes, &c. Now, it is

not doubted that many females, when pregnant, may eat these things without apparent injury *at the time*; but all such articles seriously injure the female *afterwards*, or the child in utero. Such mothers will be very liable to have sore nipples, a broken breast, sore mouth, or disease of the bowels — they seldom get up well — are troubled much with humors, a cough, or weakening discharges. Or the child will be puny, with sore mouth, eyes, or ears, will be very fretful, have a bowel complaint, or some other difficulty, soon after birth, as the *direct result* of such errors in diet of the mother. There is no time in life when a female should be more careful in diet, and in all her habits, than when she is pregnant, if she wishes to become the mother of a healthy child with the least risk to herself. She should eat the best of meats, plainly cooked, with good old bread and butter; avoid much fruit, and all slops; drink sparingly; eat fruit very sparingly, and *never unless it be perfectly ripe*; bathe her whole person frequently in cool or cold water, and her feet and limbs in hot water; take active exercise in the open air; be very quiet in body and mind. By doing this, one half the danger and risk of confinement is removed, as well as one half its pains. The prospect of being the mother of a proper and healthy child, and of getting up well, with no childbed diseases, would be greatly increased, if this were the case.

Pregnant females are often troubled with jaundice, or a yellow appearance of the skin, with the piles, and difficulty of making water during utero-gestation. By care in diet, regularity in the bowels, frequent bathing, with exercise, by riding or walking in the open air, these troubles will be trifling, and easily borne.

CHAPTER XIV.

CONFINEMENT, OR BIRTH OF THE CHILD.

TIME WHEN IT TAKES PLACE. — LABOR PAINS. — NATURAL LABOR. — INDICATIONS OF ITS APPROACH. — LABOR PAINS PERIODICAL. — FALSE PAINS. — BREAKING OF THE WATERS. — BIRTH OF CHILD. — EXPULSION OF AFTERBIRTH. — IMPORTANT DIRECTIONS.

THE completion of the actions of utero-gestation is followed by the process of childbirth. The power employed by Nature for the expulsion of the child from its mother, at whatever time it may take place, is essentially and principally the action of the womb itself, assisted, however, by the muscles of the bowels and chest. In natural gestation, this power is called into exertion after the lapse of thirty-nine weeks from the date of conception. It may, however, take place at any earlier time from *other causes*. But two hundred and seventy-three days is the regular time in which gestation is completed. The expellent contractions of the womb are ordinarily more or less painful; while the efforts required to expel a full-grown foetus are so

great as to have received the appellation of LABOR and LABOR PAINS.

Almost all cases of labor are what is denominated NATURAL LABORS, in which Nature is found abundantly adequate to effect all her intentions without any assistance of art, and without endangering the life of either mother or child. In these cases, the head is the presenting part, and is first born.

Natural labor is usually preceded by certain indications of its approach, commonly called premonitory pains, or symptoms. These are pains occurring at irregular intervals, but most generally in the evening or night — a settling down of the enlargement of the bowels, or uterine tumor — less tension in the abdomen, and more cheerful spirits. The womb actually occupies a lower position a short time previous to confinement, and the more protuberant, projecting part of the belly is observed, even visibly, to have subsided.

All CONSIDERABLE contractions of the womb are more or less painful, and all the pains of actual labor are periodical. They occur at intervals, which at first are of longer, but in the latest stages are of much shorter, duration. The pains that attend *false alarms*, on the contrary, are exceedingly *irregular*, generally commencing most violent, then become more moderate and very uncertain in their duration. The first twinges of labor pains are usually confined to the back — they soon extend to the front and lower parts

of the abdomen, until at length they appear to occupy the whole region.

The second stage of labor commences with the escape of the waters. This takes place generally during a pain, and the quantity may be stated as amounting usually to about a pint. The expulsive efforts of labor continuing, the head is born, when nature commonly gives the patient a short respite from pain. The next pain usually disengages the shoulders, and the birth of the child is speedily completed.

After the entire expulsion of the child, the contractions of the womb are usually suspended for about ten minutes. Then occur the few pains necessary to remove the placenta, or afterbirth, when all is over. Immediately after the removal of the afterbirth, the womb should be freely cleansed with cold water. This may be effected by using a common syringe, charged with cold water, and throwing it into the womb. This should be done three or four times, using at least a pint and a half of water — thus will be washed out all clots, shreds, and other refuse matter, and no danger or harm can result from its use. By so doing, all the unpleasant odors of the parturient chamber are effectually prevented. The wet cloths should be immediately removed, and the lady dressed in dry clothes, and placed in a dry bed. A broad belt, or bandage, should be placed around the bowels of the

lady, pinned closely, to give tone and firmness to the relaxed muscles.

The general directions to the mother, and for washing and dressing the child, need not be introduced here. Some of the complaints and diseases of early childhood will now be enumerated, carefully described, and directions given for successful treatment.

CHAPTER XV.

DISEASES OF EARLY CHILDHOOD.

HOW TO BE PREVENTED. — DERANGEMENTS IN THE STOMACH AND BOWELS. — CAUSES. — COLIC OF INFANTS. — TREATMENT. — BOWEL COMPLAINTS. — TREATMENT. — INTESTINAL WORMS, OF TWO KINDS. — HOW TREATED. — INFANTILE SORE MOUTH. — TREATMENT. — TEETHING. — MANNER IN WHICH THE TEETH APPEAR, &c.

If the young mother, during the few months preceding the birth of her child, has indulged her appetite in eating crude, indigestible food, at unseasonable hours, — been irregular in her habits, and indulged herself in what, at another time, would have injured her, or made her sick, — she may expect trouble in getting up, and also that her darling offspring must atone for her indiscretions, with pains, cryings, and various forms of infantile disease. If the young mother would have a good getting up, speedily recover her health, and be blessed with healthy offspring, she must take excellent care of herself during the period of time she bears that child in her womb. The

irregularities and indiscretions of the mother, in diet and hygienic habits, are here visited upon the children, often, in serious difficulties.

Infants are very subject to disordered states of the stomach and bowels. No physic should *ever be given an infant* more active than thoroughwort tea and molasses, or sweet oil. Spontaneous vomiting is very common in the infant child. This may result from exposure of the lower extremities and other parts to the action of cold, applied to its very susceptible surface — using cold under garments, napkins, &c., or from nursing too voraciously, or from the excitement from active exercise or passion of the mother. Care in respect to these things, with care that the mother's or nurse's milk be healthy, will usually prevent all trouble in this respect. The mother or nurse must live upon good but *plain food*, and avoid all articles that sour upon her stomach.

COLIC OF INFANCY. — This is induced in the infant by very slight causes. The child will start suddenly, writhe and twist its body, draw up its knees upon the abdomen, and cry. This is followed by the discharge of wind and quiet. For the removal of this difficulty, anise seed tea, or essence of anise, will usually afford relief. If the case be severe, a small quantity of rhubarb, peppermint leaves, and soda, steeped and fed the child, will operate upon its bowels, and relieve the difficulty.

This last preparation is of great value in the diarrhœa or bowel complaints of infants. Joined with this, the child's food must be of good quality, given at proper intervals, and suitable quantity, carefully avoiding all sudden changes. Feeble and delicate children are much more liable to these difficulties than the stronger and more robust. The habit of giving castor oil or other physic to a child, with paregoric, is exceedingly injurious, and should never be allowed.

INTESTINAL WORMS. — There are only two kinds of worms ever found in young children, called the LUMBRICUS and the ASCARIS. The former resemble a common earth worm, and are from three to six or eight inches long. These are sometimes thrown from the stomach in the act of vomiting. The ASCARIS is a very small worm, about one half or three quarters of an inch in length, with a small projection at one extremity, and rounded at the other. These worms exist *only* at the lower extremity of the bowels, and can never be vomited up.

The symptoms which indicate the presence of worms in a child are swelled lips, enlarged bowels, fetid breath, a small, dry cough, general feverishness, dark, livid circles about the eyes, frequent pain in the head, irregular appetite, incessant picking at the nose, grinding of the teeth, distortion of countenance, &c.

It is not difficult to distinguish between the different kinds of worms. There are never but *two kinds*,

as above mentioned, in the *young child*; and it is the lumbricus alone which can produce general symptoms like those mentioned above; the ascaris occasion only local irritations, such as diarrhœa, desire to sit upon the stool and strain, itching and pricking about the parts, &c., but are never attended by a general derangement of the system.

A tea made by steeping thoroughwort leaves in boiling water, sweetened with molasses, used as an injection, will effectually remove the ascaris; so will an injection of sweet oil. Thoroughwort blossoms, steeped and drank, will also be good. In the large worm, wormwood tea sweetened well with sugar, taken three or four times a day, will soon relieve. Common worm seed, eaten clear or taken in molasses, is also an excellent remedy.

INFANTILE SORE MOUTH.—This usually shows itself during the first month, but sometimes not until after that period. Strong goldthread tea, sweetened with honey, will soon cure this unpleasant affection. Borax and honey is also good to wipe out the mouth.

TEETHING.—This is usually attended with considerable irritation, and, in some instances, constitutes the first pain, of consequence, the infant has to bear. But this pain and irritation vary much in different children. The most usual period in which this pain commences in the gums is about the fourth month, and continues, at intervals, until the eighteenth, twen-

tieth, or twenty-fourth month. The teeth show themselves, ordinarily, in the following order, viz., the two middle teeth of the lower jaw first appear, one generally about a week before the other. Previous to their appearance the gums are swollen, and there is an abundance of saliva — the child is said to *drule*. About this time the infant puts things into its mouth, and frequently bites the nipple. The mouth appears heated and irritated. The bowels often become deranged, and eruptions make their appearance. After an interval of about a month or six weeks, the front teeth of the upper jaw make their appearance, with a similar set of symptoms. Again, after about six weeks the two first double or molar teeth of the lower jaw appear, and soon after the corresponding teeth of the upper jaw.

Between the sixteenth and twentieth month, the cuspidate, or teeth between the last mentioned and those first appearing, show themselves — they are commonly called the eyeteeth; and from this to the twenty-eighth or thirtieth month the posterior grinders make their appearance. The child is usually in possession of all its first set of teeth before it is two years and a half old.

During the time of teething, the diet of the child should be regulated with great care. It should be nourished wholly from its mother's breast, if possible. It should never be fed from the table with tea, coffee, bits of meat, pie, &c., which so many mothers wish

to give a child. If the mother has not milk enough, it should be fed with cow's milk or bread coffee. The mother, at such times, must regulate her diet with great care — must avoid greasy, sour, and irritating food — must use a plain but easily-digested and nutritious diet. The child must have access to the open air, ride, &c., but must be well protected against the cold. If the mother uses such diet as is most for her health, is regular in her bowels, &c., there will be little trouble with the infant. But on the contrary, if the mother lives upon hot biscuit and melted butter, with hot, fresh pork, baked beans, strong coffee and tea, &c., and is troubled with costiveness, or heart-burn, or diarrhœa, she must not expect her child to escape serious trouble while teething.

CHAPTER XVI.

NECESSITY OF CAREFUL ABLUTIONS TO THE SEXUAL SYSTEM OF YOUNG GIRLS, TO AVOID SERIOUS CONSEQUENCES.—WOFUL EFFECTS OF SOLITARY SELF-EXCITEMENT IN CHILDREN.—RESULTING IN THE DEPRAVED HABIT OF SELF-POLLUTION.—ALARMING PREVALENCE OF THIS EVIL.—HOW IT MAY BE ARRESTED.—CASES BY DR. COLLINS, OF MASSACHUSETTS.

IN the preceding pages of this work, it has been the aim of the authors to impress upon mothers and all young ladies the indispensable importance of attending to the development, maturity, and healthy condition of the female sexual organs. The health of the female, the happiness of married life, and the ability to beget healthy offspring, join to require, nay, more, *to demand, under the severest penalties*, this of every female in civilized society. Most of the diseases that afflict the female, and which ruin the health, destroy the happiness, and finally terminate the life of multitudes, prematurely, are more or less intimately connected with the organs peculiar to their sex.

But there are other and weighty reasons why this subject should claim the early and watchful attention of all who have the charge of youth. If all young girls were taught to bathe their sexual organs freely with cold water before retiring every night, and to avoid heated sleeping apartments, downy beds, &c., as is so earnestly recommended in the previous parts of this work, that solitary vice, or acts of self-excitement and pollution, so common, yet so wofully ruinous to health, would be unknown. This wretched habit, so early acquired and frequently practised by young girls in all parts of our land, is excited, in the first place, by the irritating secretions and accumulations that gather around the sexual organs, which should have been carefully washed away with cold water. These effete materials heat, irritate, and finally inflame those extremely delicate organs, causing the little girl to rub and chafe that part of the system with her hand, at first to allay the tickling irritation and heat ; but new sensations and emotions are excited, which soon lead to habits of self-pollution for the gratification of the passions.

This practice is much more common in young girls than people are generally disposed to believe, and is caused, in the first instance, as the authors fully believe, in a majority of cases, by those heating and irritating excretions that should have been removed from the sexual organs by the free application of cold

water daily. Children and youth of both sexes are often the victims of this disease, and it is not uncommon at other periods of life ; but the attention of the reader is directed to its existence and prevalence in the female sex.

On page 46 we alluded to the vicious habits of little boys and girls at school in some instances, and it is at school that this habit is most generally contracted. But females and children who live isolated, and do not attend school, are not always exempt. This knowledge is first acquired by the irritating causes alluded to in this chapter, with a sort of instinctive movement, or from instruction and communication from older youth who have already acquired this habit. Children from seven to ten or twelve years of age, in very many instances, are sufferers from this pernicious practice. Mothers generally consider their own children perfectly innocent of such practices, ESPECIALLY THEIR DAUGHTERS. And unless they confess something of the kind, or they should detect them in the act, or failing health should excite their fears that all is not right with them, they would not believe the thing possible. "We have seen mothers," says the distinguished Dr. Woodward, one of the best physicians in Massachusetts, "refuse to believe in the existence of this habit in their little girls of eight or ten years of age, until by an examination of their sexual organs they have seen a vivid inflammation around the

clitoris, the result of chaffing and rubbing oft repeated."

The first results of this habit are manifested usually by irregularity of appetite, paleness of the face, an indisposition to study or labor, increased nervous susceptibility, with palpitations, chokings, tendency to melancholy, and a desire to be alone, pains in the head and stomach. These phenomena do not present themselves united in the same individual, and in their isolated existence they will be often unperceived by the parent. But whatever means are resorted to by the ever-solicitous parent to restore health are found ineffectual; for the plain reason, that the cause which impairs it does not cease to exercise its influence. If the ruinous habit is continued, a more serious state of things is induced. General languor and debility; more feeble intellectual powers, with moments of absent mindedness; treacherous memory; dizziness; the eye surrounded with a dark, livid circle; pupils of the eyes habitually dilated; indifference and aversion to objects which excite the attention of others; fatiguing palpitations; sleep, troubled with voluptuous dreams; irritations of the clitoris and vagina, with whitish discharges, — all conspire to reveal the frightful progress this disease is making upon the constitution.

In order to arrest this habit, when once formed, ere it results in such a condition of the system, it should

receive the early attention of the watchful mother. Her notice over her little daughter should be more constant; she should not be left alone; should not be allowed to go to bed at night until really sleepy; she should rise as soon as she wakes; muscular exercise should be carried to fatigue, especially before she retires to bed; the mind should be constantly occupied either with some kind of labor or diverted from themselves; pictures, shows, and amusements that excite the imagination, and light literature that does the same, should be strictly prohibited; the use of cold bathing to the entire body should be enjoined daily; the sexual system should be freely washed and bathed before retiring, or several times each day, if there be heat and irritation; she should sleep in a cold room, and upon a mattress or straw bed, with only woollen blankets for covering, and only sufficient to keep the body moderately warm; avoid all sweating clothes; the food should be plain, but nourishing, and must not contain spices; the drinks should consist of cold water only — no wines, teas, coffee, or fermented drinks of any kind; the last meal should be very plain, and be taken several hours before retiring to bed.

This disease often, more frequently than our good and virtuous people are willing to believe, advances still farther, and affects those who should be aware of its woful consequences upon themselves ere it so nearly ruins them. The following extract, taken from

a recent Address to the Fellows of the Massachusetts Medical Society by one of its most distinguished members, and published by vote of the society, will show that there is a woful reality to the cause alluded to above, and its terrible effects upon the system. The following is the concluding portion of an Address on Diseases of Females, delivered before the Fellows of the Massachusetts Medical Society, November 23, 1852, by CLARKSON P. COLLINS, M. D., of Great Barrington, Massachusetts, and published by vote of the society:—

“Before closing, I will just allude to a subject of some importance, which is too generally overlooked by medical men. I refer to the secret habit of onanism, or masturbation, and its direful effects upon the nervous system of young women who practise it. It ruins them, both mentally and physically, and prevails to a far greater extent than most people are aware of. The exercise of the mental at the expense of the physical system, causing a peculiar susceptibility to excitement; the fondness for works of fiction, which at the present day seem to find their way to all classes of society; and a distaste for manual labor,—prepare young ladies for this unnatural habit, which sends many to their graves, and others to lunatic asylums.

“I once had a patient, a beautiful young lady of nineteen summers, who at this interesting age was

sent by her parents in the country to the city, to complete her education in music. She was placed under the tuition of a distinguished foreign teacher, who called at her uncle's house two or three times a week, to give her lessons on the piano, for about a year. At the termination of the year her general health became delicate, and finally she was attacked with menorrhagia, which continued for some months, reducing her to the lowest possible state. The menorrhagia was followed by amenorrhœa, which continued to the time I first saw her. Good medical advisers were called in attendance, and various modes of practice adopted, for nearly five years. During this long period of time her mind became impaired. * * * When she came under my care, I embraced the earliest opportunity, when left alone with her, to tell her frankly my suspicions. She burst into a flood of tears, and told me that my suspicions were correct. She confided to me that she began the practice when under the tuition of her music teacher, and had continued it, more or less, until the time I was called to see her. She said her teacher would put his hands on her when looking over her shoulders, in reading lessons with her, or instructing her on the instrument. He would sometimes let one hand rest on her lap when sitting by her side, and was constantly taking such little liberties, which she pretended not to notice, for he never offered her any direct insult. Such little

familiarities caused new and peculiar sensations, which she attempted to *allay* by chafing the genital organs with her hand. She was thus *unconsciously* led into a practice which came well nigh proving her ruin. I at once explained to her the consequences, and she promised to abandon the practice. By proper treatment, she finally recovered her health."

"I have sometimes had patients — young ladies — tell me the habit was so confirmed that they often awoke in the night and found themselves at this practice. In these cases it has been necessary sometimes to fasten the hands, to keep them away from the genital organs."

"When at Guy's Hospital, London, Dr. Golden Bird called my attention to a curious case which he had under treatment, and which originated in the habit of masturbation. It was that of a young woman, who would lie for months together, apparently almost lifeless, taking just food enough to sustain life. Several medical gentlemen of London had treated this patient without the slightest knowledge of the origin of her disease. She confessed to Dr. B. her depraved habit, and was finally cured."

"I once treated a married woman who had been in this practice for twenty years, and refused her husband, so fearful was she of having children. Her nervous system, as well as her general health, were completely ruined; yet her husband, to this day, I

presume, is wholly ignorant of the real cause of her ill health." — *Boston Medical and Surgical Journal*, vol 47, p. 520, &c.

Dr. Adam Clarke, the distinguished commentator on the Bible, remarks on this subject as follows: "The sin of *self-pollution* is one of the most destructive evils ever practised, in many respects far worse than common licentiousness, though practised by such as would shudder at the thought of criminal connection. Whether practised by male or female, it excites the powers of nature to *undue action*, which *speedily exhausts the vital principle and energy*. This is no caricature. Worse woes than my pen can relate I have witnessed as the consequences of this engrossing, unnatural, and most destructive of crimes. If *thou* hast entered this snare, flee from the destruction both of body and mind that awaits thee! The issue of this evil habit, if persisted in, is the destruction of the body, and the final perdition of the soul."

Other testimony might be introduced here from the highest literary and scientific authority — from the best physicians in Boston, New York, Philadelphia, and other parts of the United States, from the best English and continental authors; but the above are deemed amply sufficient. The object of the compiler, in this chapter, is to direct the attention of the young mother to her daughter *in early life*, when "the evil days come not," and, by timely care, guard against

the probability of such habits by constant attention, and daily ablutions of their sexual organs in cold water. Many young ladies, as the previous extracts fully show, are ruined in health by the neglect of those simple means which, if employed as recommended in this book, would not only save many from great physical prostration and premature death, but render vigorous the whole female frame. The female system sympathizes strongly with her sexual organs. Keep these in vigorous health, and she will be well. Let disease show itself there, and no remedies will benefit them permanently, unless the sexual system receive the first attention. The compiler merely throws out hints for the consideration of females. Let them apply according to their best judgment; thus will our land be freed from one great source of ill health — feeble constitution, and the general debility and prostration so often witnessed in young ladies of the present day.

CHAPTER XVII.

SUSPENSION OF CONCEPTION.

PRELIMINARY REMARKS. — TESTIMONY OF DR. OLDHAM, OBSTETRICIAN IN GUY'S HOSPITAL, LONDON, AND OTHERS. — IMPORTANCE OF SUSPENDING CONCEPTION FOR A TIME IN MANY CASES, OR ALTOGETHER PREVENTING IT. — CASES IN WHICH THIS IS CLEARLY NECESSARY. — HEALTH IN THE FEMALE SYSTEM INDISPENSABLE TO HEALTHY ISSUE. — REMARKS ABOUT PHYSICIANS.

HAVING, in the preceding chapters of this work, given a concise and accurate description of the organs peculiar to the female, with the delicate and appropriate functions of these organs in health, the diseases to which the peculiarities of the female system render her subject, the disastrous and blighting consequences of these diseases, terminating in ruined health, with loss of happiness and life, even, in multitudes of cases, with the treatment necessary to remove and effectually prevent these exhausting difficulties, — and then given a history of the changes which occur when conception has taken place, the manner of its occur-

rence, its signs and symptoms, with its diseases and their proper treatment, the termination of this state, the birth of the child, with the best treatment for the new-made mother, and finally the diseases of early infancy, with their treatment, &c., — it now remains to devote a few pages to the consideration of conception, and the means by which it may be regulated or suspended in many cases, or, if necessary, absolutely prevented.

This, it must be confessed, is really a delicate subject, but one of great importance to the health and happiness of females in the married relation. That there occur many cases in which females in the married state suffer much in health, and are in numerous instances hurried to early graves by too frequent childbirth, none with common intelligence and candor will deny. That many most valuable lives are annually sacrificed, in consequence of having children too rapidly, is equally true, and universally known. That many young females enter the married state before their systems have acquired that development and constitutional vigor and energy so necessary to enable them to go through the pains and labors of utero-gestation and childbirth, is also generally known. That one of the principal reasons why so many children are born puny, with delicate health, slender constitutions, great liability to the diseases of childhood, and early death, is to be traced to the exhausted and weakened

state of the female sexual organs, caused by too early childbearing, or too frequent conceptions, or such other enfeebled condition of the organs peculiar to the female as to render it physically impossible for them to bring forth healthy children, is well known to the best physiologists and medical men of the world; and, finally, that many marry in early life possessing no pecuniary means by which they can hope to support and bring up properly an increasing family.

In view of these facts, shall married people be put in possession of means by which they may suspend or control conception in such instances? In other words, shall a knowledge of those means by which pregnancy or conception can be controlled at the will of the parties, without abridging marital rights and enjoyments, or the peculiar privileges of the marriage bed, be placed within the reach of all married people? That such means exist, and that it is indispensable to health, and life even, in many cases, that they should be used, we have the highest scientific and medical authority in the world for asserting. That it is a great privilege, and will contribute much to the health of females, and the happiness of families, to be in possession of means both safe and effectual to regulate and control conception at will, is most fully believed by the authors.

Dr. Oldham, professor of obstetrics and diseases peculiar to females in Guy's Hospital, London, the highest medical authority in England, in a communica-

tion published in a London Medical Gazette the past year, uses the following language, viz.: "It constantly happens that cases come before us, where, either from disease of the womb or pelvis, or the sexual organs, or exhaustions from frequent abortions, or from protracted labors, *it becomes most desirable and important to suspend conception for a time, or altogether prevent it.*" In another communication from the same distinguished writer, he uses the following words: "Recent researches have afforded most valuable information on the composition of the male and female generative elements and the physiology of generation." Another distinguished medical writer says, "Our knowledge of the *causes and means by which impregnation, or conception, can be intercepted or prevented, has become reduced to a certainty, of late years.*"—*Journal of Med.*, vol. ii. p. 120.

The authors deem it entirely unnecessary to present to Americans any higher authority than the distinguished teacher in Guy's Hospital. Other authority, of the same import, and to the same point, might be adduced from distinguished medical authors in all the most enlightened and refined nations of the world, all conclusively proving that there are "cases constantly occurring, in the practice of medical men, in which it becomes most desirable and important to suspend conception for a time, or altogether prevent it," in order that health may be restored, and that the

means by which this may be accomplished "are reduced to a certainty, of late years."

If it be true that the use of these means, now "reduced to a certainty," are "indispensable to the restoration of health in many cases," and that the best physiologists and physicians know this, and make use of these means in their daily practice, to the great benefit of their patients, why should not the people themselves know these things, and be informed where "means, now reduced to a certainty in their operation," may be procured? Some females do not wish to consult a physician upon a subject of so delicate a nature, who yet suffer year after year, and finally sink into untimely graves, leaving a young family at a time when a mother's care and attention were most needed, in consequence of not knowing that means might be used *by her, with entire safety*, that would both prolong her life, and restore her to her family, to health and usefulness. Can it be that the medical profession fear that, were married ladies acquainted with such means, so beneficial to their health and happiness, and were they generally procured and used, their profits and income would be thereby reduced, their calls diminished, and the business of the profession rendered less valuable, pecuniarily? That the use of these means are essential to health in many instances, indispensable to its restoration when impaired, we have the best assurances of the appointed guardians of health. These "means,

reduced to a certainty, of late years," are, then, a real, positive blessing to married ladies, "most desirable and important," in numerous cases. Then, assuredly, the people should know it, that its blessings may be enjoyed by all. The authors claim the right to make these things freely known, whether it diminish the profits of old school, unprogressive physicians, or not; to inform all married people that they may obtain, and use with perfect safety to themselves, "means by which impregnation, or conception, may be intercepted or prevented with certainty."

The health and happiness of so many wives and mothers is too important to be trifled with; and whatever will contribute to the restoration of health and prolongation of life, *in married ladies*, should be placed within the reach of all such females.

When the health of the young wife and mother evidently sinks under the too frequent recurrence of pregnancy — the too rapid increase of family — children born in too rapid succession — can any one doubt that it is "most desirable and important to suspend conception for a time, in such cases, or altogether prevent it"? If it be important to save the life of the precious wife and mother, to restore her health, and render her a blessing to her husband and family, it certainly is right, and a duty, for her to "suspend conception for a time" by the use of those "means, reduced to a certainty, of late years." It certainly is

folly, madness, and wickedness even, to allow pregnancy to take place under such circumstances. And do not such cases exist in every community? and are they not constantly occurring?

Here it may be said by some, that the parties must deny themselves, must control their feelings, and forego the pleasures of matrimony. And for what must they sacrifice all this? To prevent having children, and save the life of the mother. It is right, then, and duty, for them to *prevent conception, for a time, if this can be done by denying themselves all sexual pleasures.* Why would it not be right to enjoy all these matrimonial privileges, and use such means as are known “with certainty” to suspend conception while used, inasmuch as it can be done with perfect safety? If it is right and moral to do it in one case, it must be equally so in the other. God has not established an immutable necessity for conception where sexual intercourse takes place, else why has he given the passions and desires, if they are to be gratified in the sacred and holy relations of matrimony, only once in two, three, or four years — just as often as the wife shall become a mother, and no oftener? It certainly cannot be wrong to suspend or prevent conception, when *no injury is done, but a real good is secured.* No person has a right to say that, in the sacred relations of husband and wife, the tenderest and dearest on earth, the sexual passions *shall not be indulged.*

True, conception should not be suspended or prevented, if it is to be done *at the expense of the integrity of the organs or functions of the female system*; but this is not the case. Both are preserved and improved. Very many cases in which the indispensable importance and necessity of suspending conception for a time, at least, have occurred, and are occurring, daily, in every city and village of our country.

If a female, in consequence of a peculiarly irritable condition of the uterus, or other parts concerned, cannot be in a state of pregnancy without enduring the most intense and excruciating suffering during such period, endangering her own future health, and possibly that of her offspring, can we say that conception should not in such circumstances be suspended, at least until a change can be effected in her general system? Is it not "most desirable and important to suspend conception for a time, or altogether prevent it," in such cases? But we are sure that it is the duty of that couple not to permit conception to take place, especially when it can be prevented so safely and conveniently. Many cases might be cited to prove that it has been thus done in similar instances, greatly to the benefit and happiness of the parties.

There is also another case where it is extremely desirable that pregnancy should not take place. It is in those instances where a poor family, with nothing but their hands to support themselves, have children

very rapidly — so rapidly, indeed, as to render it impossible that they should be brought up properly with their limited means. The parents cannot do justice to so rapidly increasing family. Many instances have occurred, within the knowledge of the authors, where a young couple, poor, but honest and industrious, have had four children in three years after marriage — twins at two births after two confinements, in one and a half years — and again, five children in six years. Is it not for the comfort and good of that family and the offspring that they should cease to have children so fast?

How often has it arrested the attention of the traveller on the continent of Europe, among the intelligent portion of society, that there were generally three or four years between the birth of each child in every family! This is the result of the use of “those means which suspend conception for a time;” and who can fail to see the good effects to all concerned in such cases? All families can regulate the frequency of pregnancy, and the season of the year in which they prefer it to take place, by the use of these means. A family can have that number of children they can educate and bring up properly, according to their means and wishes, without abridging their happiness or pleasures.

This is attempted to be accomplished, in a great number of instances, by the withdrawal, on the part

of the husband, before the termination of the sexual act, — as in the case mentioned in the 38th chapter of Genesis, 9th verse, last part, — thus depriving themselves of the climax of connubial happiness, in order to prevent what the conscientious parent so much dreads, namely, *begetting children without any reasonable means of properly caring for them.* How often do clergymen, with small salaries to support a rising family, feel compelled to do this, or deprive themselves entirely of sexual enjoyments, because they are conscious they cannot support and do justice to the product of conception! How often do the best persons in our churches, the most exemplary Christians and valuable members of society, feel obliged to resort to this or some other mode, *to prevent having families!* How much anxiety do people have, many times, to know how they shall prevent too rapid increase of children! and how happy would such people be, did they know that they could obtain that which would render them secure, and still be entirely safe to them! The uncertainty of preventing conception, by withdrawing before the consummation of cöitus, is known to all — the *least drop* of semen, for it requires but a drop to impregnate, even if it only remain upon the external vulva, is *sufficient to insure impregnation, often.* All that practise this — and a very great number do, for want of knowing how to obtain something better — feel its uncertainty; still, it

may succeed sometimes. To all such people we would say, you can be relieved from all this anxiety and distress; you can regulate the increase of your family, and secure the health of the female, by procuring and using, according to directions, "those means, reduced to a certainty, by which conception may be suspended for a time, or altogether prevented." (See Appendix.)

The necessity of suspending conception for a time, in ladies who have repeatedly suffered abortions, as remarked by Dr. Oldham in the extracts already made, and whose health is more or less deranged, is absolutely important, in order that the female sexual system may acquire strength and tone, and thus, at a proper time, be able to sustain the changes, and endure the labor and exhaustion, attendant upon utero-gestation, with safety and success. Many are the families who are blessed with healthy children, and a healthy mother, in which the wife had repeatedly aborted, was greatly reduced, &c., but by the use of those "means which with certainty suspend conception for a time," and give strength and vigor to the female sexual organs, and after a proper time suspending their use, and allowing conception to occur; the favorable termination of which, in all these cases, has demonstrated not only the great and inestimable value of the means used, in the improved health of the fond wife, but given great joy to many otherwise sorrowful and drooping families. Can any one doubt the immense value of

the use of these "means to suspend conception," in such cases? Can a greater blessing be given such families than these remedies?

Those cases, also, in which the labors have been very protracted and reducing to the young wife and mother, are such as render imperative the use of these remedies, as Dr. Oldham remarks, to "*suspend conception, either until strength is restored, or entirely preventing it,*" as the case may require. To leave a lady without these means, in such cases, — and they are by no means of unfrequent occurrence, — is to abandon her to speedy death, or to the rigid renunciation of all connubial enjoyments, and the entire celibacy of the husband. Neither of these can be right; yet, until the discovery and introduction of those "means, now reduced to a certainty," hundreds of wives and husbands were thus left, which too often resulted in the early decay and death of the precious wife, and perhaps new-made mother.

Two cases, illustrating this condition of the female system, occurred in New York. Two young ladies, of about the same age, size, conformation, and in robust health, were married near the same time. Before they were twenty years of age, they both would, in all probability, become mothers. The period of confinement was excessively severe in both, and terminated, in each, in the death of the child — one was delivered with instruments, piecemeal, and the other

by instruments, also. The ladies both recovered after a tedious and lengthy convalescence. One resorted to those means, by the use of which "conception can be suspended with certainty," and continued their use more than five years, until her physical frame became fully developed and her health firm. They were then omitted; at twenty-five years of age she became a mother, with a natural and easy labor, of a beautiful and healthy child. The other trusted to *her own convictions of duty and resolution not to become pregnant again* — in two years she was again confined, and, from the tediousness of that labor, both mother and child died.

There is another class of females who are deeply interested in this matter, and who would derive the greatest benefit to themselves and families by resorting to those means which so effectually "suspend conception for a time." It is that numerous class of ladies who have one or more children, but who are unable to nurse them, from some peculiarity of their breasts, or other cause.

A lady in these circumstances frequently becomes pregnant within three or four months after the birth of the child; under this state of things, she will become a mother again in about a year — a condition of things *ruinous to the strongest constitution, and destructive to the health of the most robust female*. The offspring, also, will be *less vigorous*, and are generally

short lived. Could this state of the wife and mother be postponed for three years, as suggested by Dr. Oldham, by the use of those means which "suspend conception for a time," how much more healthy would the mother be, and how much more likely to live to grow up would be the child born after that period of time had elapsed! Where there exists this strong disposition to fecundity in the female, there is no safety to her health and life in the married state but by using those means, now "reduced to a certainty," by which "conception may be postponed," until she is physically competent to bear a healthy child. If a lady becomes pregnant in two or three months after giving birth to a child, the result of that pregnancy cannot be healthy, cannot possess a good constitution — and the mother must suffer in health, and be borne rapidly to an untimely grave, to leave her children orphans at an age when they most need a mother's counsels and a mother's care. This fact is demonstrated, in thousands of instances, in every part of the world.

There is no fact in physiology better established than that a child cannot inherit a good constitution, or possess a reasonable probability of surviving the ordinary diseases of infancy and childhood, if its mother is the subject of weakening sexual disease, or becomes a mother at shorter intervals than from two and a half to five years. Too frequent pregnancy no

more effectually ruins the mother and hastens her to an untimely grave than it destroys the possibility of healthy and long-lived issue.

The use of those means which suspend conception and regulate its occurrence, according as the health and vigor of the female system may warrant, and the restoration of her sexual organs to vigorous and perfect health, will most effectually improve the constitution, and add vigor to the general health of children, while it diminishes the mortality now so enormously great among children under three years of age. Vigorous health in the sexual organs of the mother is of the utmost importance to the health of the offspring. Without this, all the means that can be used to improve the constitutional vigor of the rising generation are, at best, but partially successful. All these hygienic means now so popular are useful, important, and essential; but sexual health in the mother is **INDISPENSABLE**.

The child receives the rudiments of its future constitution from its mother, who alone nourishes it the first nine months of its forming existence. Its physical frame receives from her, during this brief period, an inclination and tendency which can never be altered or materially changed. If her sexual system is healthy, mature, and properly developed, her offspring will possess a healthy constitution, will stand a better chance, *ten to one*, to survive the diseases of

infancy and childhood which now prove fatal to more than one half the children born in our own country, as well as in various parts of Europe, and, in the same ratio, increase its prospects of arriving to maturity and usefulness. But if the mother's sexual system is diseased, weakened, or immature, and undeveloped, *is it possible for her to beget a healthy child?* That portion of her system in which it lives and is nourished during its first months *is diseased*, and healthy processes *cannot be carried on there*. How, then, can we expect the child to be healthy? Reason and common sense say it is absurd to expect a healthy issue from diseased organs, as clearly as revelation declares that a "clean thing cannot be brought forth from an unclean." Facts carefully observed by thousands and tens of thousands in the whole civilized world demonstrate, with the clearness of meridian light, the same great truth. Wives and mothers, would you have healthy offspring, possessing good constitutions, with a reasonable prospect of life? Keep your sexual systems in vigorous health, and you may hope to see your children grow up in health, to be your solace and support in old age. If your sexual systems are not healthy and in vigor, God, your Maker, in obedience to physiological laws established in the human system, gives you no right to expect that such will be the case. The history of the world proves to you, in myriads of cases, that you can expect only enfeebled

offspring, the victims of numerous diseases, and doomed to premature graves.

Can the wife and mother be healthy, beget healthy issue, and sustain the vigor of a strong constitution, even, unless the periods of conception and pregnancy are regulated and postponed until the female system acquires its usual strength and health from one confinement to another? Dr. Oldham, of London, says it cannot — the best physicians in the civilized world say the same. Facts, in numberless instances, reason, and common sense, all unite in the same testimony. They all unite in saying that pregnancy must be “suspended, for a time at least,” or the ruin of both parent and child is inevitable. “Means are reduced to a certainty” by which this all may be accomplished. Shall not wives and mothers be informed of these things?

Will it be said, if all this is true, every physician should know it, and both use and recommend these means to his patients and community? But physicians are often not extremely well educated in physiology, and are often ignorant of much that concerns the welfare of the community. Many very successful and popular practitioners of medicine are not sufficiently studious to be familiar with the wonderful progress physiological science has made within the last few years, and do not read sufficiently the foreign journals of medical literature to keep pace with scien-

tific improvements, in the application of remedial agents. The profession of medicine is overcrowded ; and many, no doubt, from most unworthy motives, desire this information kept from married ladies, lest it diminish in some degree their business and income, while many are to this day ignorant that such "means, reduced to a certainty, of late years, for the suspension of pregnancy," are in existence, or have ever been used or recommended by very distinguished medical men in the old world.

CHAPTER XVIII.

SUSPENSION OF CONCEPTION, CONTINUED.

CASES SHOWING ITS IMPORTANCE AND PROPRIETY. — DANGERS THAT BESET YOUNG MEN. — TEMPTATIONS TO WHICH YOUNG LADIES ARE EXPOSED. — IMPORTANCE OF EARLY MARRIAGES. — BENEFITS OF EARLY MARRIAGES TO BOTH SEXES. — ERRORS RESPECTING THE TIME WHEN CONCEPTION WILL NOT TAKE PLACE. — CASES BY DR. OLDHAM, OF LONDON, AND DR. KESTEVEN, A JEWISH PHYSICIAN. — MOSAIC LAW AND CUSTOM AMONG JEWESES. — CONCEPTION LIABLE TO OCCUR FROM SEXUAL INTERCOURSE AT ANY PERIOD IT MAY TAKE PLACE.

ANOTHER class of persons presents strong reasons why pregnancy should be suspended for a time, and yet matrimonial rights and privileges should be enjoyed. This is the case when a couple of suitable age, who love each other sincerely — each happy, and only happy with the other — united in heart — yet, from pecuniary circumstances, it is impossible for them to marry until they have something already earned *to support a family*. Shall this couple, united by the tenderest ties of sincere affection and youthful love, be

compelled to toil for several years, depriving themselves of the fruition of their hearts' warm love, because*they must *earn the means not only to live respectably, BUT TO SUPPORT A FAMILY BEFORE MARRIAGE?* Would it not be much to the happiness of this couple *to marry* — use those “means, reduced to a certainty, of late years, by which impregnation or conception may be suspended,” (see Professor Oldham, &c., of London, page 181,) which God has now placed within the reach of all, and enjoy the sacred and holy rights and privileges of matrimony, and, when suitable age and circumstances permit, *have children* — thus adding many years of the best of their lives, years of young love, of the purest and sweetest attachment, to their short existence? Certainly, under such circumstances, no one can doubt that it is *extremely desirable* that “pregnancy should be suspended for a time,” and that such loving hearts should unite their hands, in God's own appointed way, for the purity and happiness of domestic bliss.

The chilling result of suspending the consummation of the heart's warm attachments, in such cases, has driven many a young man of strong feelings and passions, in an unguarded hour, to houses of vice, to gratify the ardent desires of his nature; and thus he is led on, becomes ensnared, and soon falls from virtue and respectability. We do not excuse this — *it is all wrong, and very criminal*; but poor, fallen human na-

ture often needs all the restraints that principle, virtue, the society and affections of the heart's chosen idol, the object of first love in the holy relation of matrimony, can throw around it, to keep from falling. It is wicked thus to yield to the wiles of the youth's worst enemy ; but the strongest are sometimes unable to stand. How many have fallen, and been ruined, soul and body, for time and eternity, who, could they have been united in early life to the object of their early affection, might have been saved, and been ornaments to society, the church, and the world, God only knows.

Let the young people marry when of suitable age, and thus remove the strongest inducement to forsake the path of virtue when the passions and feelings are ardent and strong ; let them yield to virgin love, unalloyed and in purity, in God's own appointed way, become united in the holy bonds of wedlock, and no inducement can be presented to drive either from the path of virtue ; and let them possess the " means, now rendered certain, to suspend conception " for one, two, or three years, until the needful pecuniary means are earned, the constitution of the young lady become more mature, thus affording proper security for an increasing family of healthy children. Would not this course strew the path of the young with flowers, add much to their days of happiness and matrimonial enjoyments while in the bloom of youthful vigor, and at

the same time remove one of the strongest temptations for young people to enter the paths of the destroyer?

The danger is not all on the part of the young man. The female suffers, also, by the postponement of her heart's fondest hopes. She, too, may be strongly tempted to go aside from the path of virtue, or to resort to that practice which ruins both the mental and physical systems, and which prevails to a far greater extent than most people are aware of. Thus she is urged to gratify the strong feelings of her nature, which, could she have married her youthful lover, would have been fully satisfied in their appropriate way. This is the sad history of many even in our own beloved country. (*See Dr. Collins, p. 173, &c.*)

Let the youth be assured that marriage and a family are not inseparable, and that they can marry, and enjoy each other, to their fullest desires, and then at a proper time have such family as they may select, and the temptations to solitary indulgence, — unnatural restraints in the married, — or visiting improper places and persons, are at once taken away. The dear object of the heart's warm affections, the beau ideal of all his wishes, receives all his affections, and his ardent, youthful passions find their full and natural response in the same ardent, youthful feelings of his bride. His affections rest in the dear object of his early love, and untoward temptations lose all their power. The

same is true of the young lady; the passions of her nature are indulged in God's own appointed way. Her heart's warm and youthful love finds its proper object and centre. She has no temptation to polluting practices, which have ruined so many, for all the wants of her nature and sex are gratified in Heaven's own appointed way. She has no passion but for her youthful husband, and no sensual desire but finds its full satisfaction in him. Their characters become intimately assimilated and fused together; their desires, their tastes, their choice, and their all, is in unison, while they each fulfil the great end of their existence. In the brief period allotted to us on earth, the days of youth are *not too many*, nor its warm affections too lasting. And doth not reason bid us enjoy, within the rules of propriety and matrimonial restraints, the spring time of life, "while the evil days come not, nor the years draw nigh, when we shall say, we have no pleasure in them"?

We may, indeed, if we will, mortify our affections and sacrifice our early days; but sure are we, the earliest marriages allowable by common law are the best, safest, and happiest, when *the hearts* are united; provided a family is not attempted to be raised at first, but life and its changing pleasures enjoyed. Young persons who are sincerely attached to each other, and who choose to marry, can marry early, and merely use the necessary means to prevent becoming

parents until prudence permits it. Thus the young merchant, mechanic, or laborer, instead of solitary toil or injurious dissipation, could enjoy the society and companionship, as well as the assistance, of the one upon whom his affections were placed, and whom he had selected as his chosen companion; and the best years of his life, whose joys and pleasures can never return, would be spent most to his comfort and health *with her*, instead of being squandered in intemperance, or lost in a course which must end in deep mortification.

In an enlightened and Christian community, public opinion most justly frowns upon, and stamps with opprobrium, not to say infamy, any sexual connection out of wedlock. All young persons, on reaching the age of maturity, desire to marry. That heart must be very cold which does not find some object on which to bestow its warm affections in the spring time of life. And early marriages would be almost universal, did not prudential reasons prevent. The young man thinks, "I cannot marry yet. I have no means by which to support a family. I must make money first, and decide upon matrimonial connections afterwards." The young lady thinks and reasons in the same manner, curbing and repressing the purest and tenderest feelings of an affectionate heart by cold, pecuniary calculations and rigid necessity. And thus they go on, firmly resolved soon to be able to share with each other their hard-earned property in the overflowing

exuberance of youthful love. For them the poet in vain has said,—

“We must never bid feelings the purest and best
To lie blunted and cold *in our bosom* to rest.”

But their passions are strong, their temptations great, and many are the bright prospects suddenly eclipsed, yea, too often buried in perpetual oblivion, by their being led astray, meeting bad company, and the strong passions and feelings of their youthful natures hurrying them headlong. Now, had they married the object of their choice when their hearts were overflowing with *first love*, and simply delayed becoming parents until their age and prospects in life should warrant it, how different would have been their lot! How many young people might be saved, and how much vice, immorality, and misery been prevented, if this were the custom of society! and how much happiness could this couple have enjoyed, in the full expansion of youthful love, and the warm affection each felt for the other! Four or five of the pleasantest and happiest years of life, the very heyday of youthful enjoyment, would thus be secured; and the *strong and sore temptations*, which have proved the bane of thousands, would never have existed. Perfectly happy in each other, all their desires gratified, there can be no strong temptation to seek sexual enjoyment or indulgence elsewhere; and then the restraint each exercises over the other, and the high moral feeling it

begets and encourages, is an unanswerable and overwhelming argument in favor of early marriages.

But until young gentlemen and ladies are absolved from the fear of becoming parents by early marriages, they will be in great danger of seeking in dissipation, and indulging in improper associations and connections, the happiness they might and should have found in domestic life.

This is happily not always the case, and we sincerely rejoice that it is not. Many youth of both sexes maintain the high resolve, and cherish for each other the pure affection, the chaste thoughts, and undefiled imagination of early love. But the danger that this may not be the case exists; and many, too many, alas! are the instances in which, if open and public scandal be undiscovered and avoided, still they become the victims of the solitary vice, which "*biteth like a serpent, and stingeth like an adder,*" *sapping the main-springs of life, and prostrating the vital energies* long ere they reach life's meridian. And when they are *in circumstances to marry*, they are but the wreck of what they once were.

Had the compiler a voice to be heard by every young person in the land, he would say, MARRY YOUNG; "let thy heart cheer thee in the days of thy youth;" and enjoy, in your chosen companion, the rich blessings and privileges of married life; be happy together with the early object of "first love." Thus the great

temptations of youth — by which far too many of the young fall — would be effectually removed. We should hear less of ruined hopes, of the highest and brightest prospects blasted in the bud. Young men would seek and enjoy *at home* that pleasure they now vainly seek in mirth, in idle sports, in wine, in cards, and, finally, in the house of her whose “footsteps are the ways of death.” And the strong, youthful passions and impulses being freely indulged in a lawful and proper way, they would never degrade themselves by solitary acts of debasement and pollution. The same is true of the young lady. The young couple become moulded into each other from early life, and their happiness and joys flow like the perennial spring.

Let them merely postpone having children until their physical frames (particularly the lady) attain sufficient maturity, and their circumstances in other respects warrant, and then let them beget children, regulating their frequency to their wishes or abilities. This they can do *with certainty, safety, and without abridging marital rights or offending delicacy*. And were this done, we are confident more would be achieved for morals, for domestic happiness, and to close the avenues of temptation which beset the paths of youth, than all the powerful arguments now hurled against the degrading vice of masturbation, or self-pollution, and the restraints society raises to hold youth from the steps of “her house which is in the

way to hell," and who says, "I have decked my bed with coverings of tapestry, with carved works, with fine linen of Egypt. I have perfumed my bed with myrrh, aloes, and cinnamon. Come, let us take our fill of love until the morning; let us solace ourselves with loves." (Prov. vii. 16-18.)

The young of both sexes should be more firmly grounded in virtuous principles *than to yield to the temptations* which beset them, particularly in villages and cities. But it becomes us to remember that what *should be* is not the measure of what *actually is*. That many, alas! very many, of both sexes, do yield, is lamentably true. How much better and safer for parties to marry early, find their sweetest enjoyments in each other's pure affections, and all temptation to be drawn aside from the way of right is removed. The consequences of marriage can, for a time, be suspended, while all its rights, its pleasures, and its tender attachments *can be enjoyed and cultivated*. This course will certainly guard most effectually the morals of youth.

It is an undeniable fact, that in married life, particularly at its earlier period, there is a necessity, in a large majority of cases, for something to prevent too frequent conceptions; this is felt extensively by all classes in the community. Nothing satisfactory or sure has ever been discovered or used until those means alluded to by Dr. Oldham and others, as men-

tioned on page 178, &c. (See Appendix, at end of the volume.)

There is an erroneous impression, among a certain class of persons, that to prevent conception, where it is desirable by the parties, for various social reasons, or diseases of the female, rendering it unsafe to health or life for her to become pregnant, that impregnation or conception will not take place at other times than two or three days before, or about six days after, her monthly turn, or courses. The various popular lecturers on physiology who have gone about the country, as Hollick, Wieting, and others, in their private lectures to married ladies, are said to have given currency and support to this erroneous opinion.

No female has a desire for sexual intercourse while her periodical turn lasts; and if she only abstains from intercourse with her husband a day or two previous to her regular day for being unwell, and for one week after it ceases, according to such self-styled teachers of physiology, she will not become pregnant from sexual intercourse at any other time. This is not true, and very many ladies have proved, in their own persons, the falsehood of this statement. This opinion was once supposed to be true by some members of the medical profession; but an innumerable number of well-established cases prove it false; and no medical man, of any education in his profession, will now assert or maintain such a doctrine.

It has been the fruitful source of much mischief and unhappiness ; and were it the only serious evil resulting from the public teachings of such men as go about the country to enlighten the public on physiology, by promulgating the grossest untruths, and leading too credulous women to repose confidence in them as scientific men, when they are so grossly destitute of science, there would be less cause of grief than at present.

The following case, taken from the highest medical authority, would alone be sufficient to show how utterly false is the theory alluded to, were it the only case on record ; but it is only one of a thousand, in which the lady supposed she should not become pregnant, after waiting so long after her monthly period, but found herself egregiously mistaken. The husband of this lady was an officer at sea, and was only at home *at that time*, and had intercourse with her *but once* ; consequently, the date was well fixed. It is taken from the London Medical Gazette for July, 1849. Professor Oldham, obstetrician at Guy's Hospital, London, reports the case, which is as follows :—

“ The last day of her last menstrual period was the 16th of January ; that sexual intercourse occurred on the 28th of January ; that it had not taken place for several weeks before, and has not been repeated since ; and, consequently, she was impregnated twelve days after the entire cessation of her monthly period. This

has an important experimental reference to a theory of conception adopted by some, which makes the menstrual period correspond with œustruation in the lower animals, and limits the period of conception *to a day or two before, and about eight days after, the menstrual flux*. During this time, it is affirmed by them that an ovum has been spontaneously cast off from the ovary, and, during its slow movement through the sexual passages, that it may be impregnated, if sexual intercourse takes place ; but should this ovum not be impregnated, or, in other words, should no sexual connection take place while this ovum is passing through the female organs, that she *cannot conceive* until a day or two before her next menstrual or œustrual time.

“ If this were true,” continues this high authority, “ it would have a most important and practical bearing. It constantly happens that cases come before us, where, either from disease of the womb, or pelvis, or the sexual organs, or exhaustion from frequent abortions, or from protracted labors, that it becomes *most desirable and important to suspend conception for a time, or altogether prevent it*. If the above doctrine were true, this might be done without imposing much greater restraint on sexual indulgence than does the old Jewish law. But the truth is, *this theory will not bear a practical test, and is wholly false*. I know of cases, which I have inquired into most carefully, where impregnation took place at the respective times of ten

days, twelve days, fourteen days, sixteen days, and twenty-one days after the entire cessation of the menstrual period. Still, all medical men are willing to admit that there may be a stronger liability to become impregnated shortly after the menstrual period; yet there are no facts *which prove, or even render it probable*, that the human female is not susceptible to impregnation *at any time between* her monthly turns, if sexual intercourse takes place."

According to the Mosaic law, sexual intercourse was prohibited until the expiration of eight days subsequent to the cessation of the monthly courses. (Lev. xv. 29.) "To this," says Dr. Kesteven, an eminent Jewish physician, "the strict Jewesses add five days more, in obedience to rabbinical precept, making thirteen complete days after the entire cessation of the monthly courses ere they allow sexual intercourse to take place. And yet these women, who strictly follow this rule, are equally if not more prolific than other females. The rigid observance of these injunctions by so large a number of Jewesses, coupled with the well-known experience of accoucheurs among them generally, prove most conclusively that conception occurs as frequently after fourteen days subsequent to the final cessation of each menstruation as at any earlier period." — *Med. Gaz.*, November 30, 1849.

CHAPTER XIX.

PREVENTION OF CONCEPTION.

INDISPENSABLE THAT PREGNANCY SHOULD BE PREVENTED IN CERTAIN CASES. — CASES CITED, WITH THE WOFUL CONSEQUENCES OF NOT PREVENTING CONCEPTION. — MEANS BY WHICH THIS CAN BE ACCOMPLISHED. — CERTAINTY AND SAFETY OF PREVENTING OR SUSPENDING CONCEPTION.

By avoiding sexual intercourse on the part of the female, pregnancy is *most certainly prevented*. But there are cases which occur, in which sexual intercourse may not be prohibited, or, at least, may be enjoyed; and yet *it is important to life, and health even*, that pregnancy should not occur — in other words, that CONCEPTION *should not take place*. There are cases in which the bones of the pelvis in the female are too narrow to admit of the possibility of her giving birth to a living child. These cases are only learned after marriage, and when labor has actually taken place. The sexual organs, otherwise, are in every respect natural and healthy. The lady becomes pregnant; at the proper time labor commences; but, on ex-

amination, the physician finds the opening between the bones for the passage of the child is only two or two and a half inches. The child can never be born alive. It must be destroyed, and removed in pieces, by the physician, or death of the wife will *certainly ensue*. Should the physician hesitate here? Save the mother, even if the child must be sacrificed, says the loving husband; and so says every one. The child is destroyed, and removed by pieces. The wife recovers as usual. Now, the question arises, What shall be done in her case? That she can never bring a living child into the world is certain. The bony basin of the pelvis will never change or alter.

Must this young couple be told they can never have sexual intercourse again — can never enjoy the privileges of married life again? Better say they shall be divorced. But who has a right to say either? Such cases are occurring in the practice of every physician of extensive business, in all countries, and every portion of the world. Conception is liable to occur after each sexual embrace; and, if it occurs, the child *must certainly be destroyed*, — an operation not a little hazardous to the mother, — or *she must certainly die*. “In the circumstances here existing,” says Dr. Davis, “both mother and child may be expected to perish in the dreadful struggle.” — *Page 839*. Medical men have all united in saying premature labor must be produced, and the child destroyed, as the lesser evil of

the two ; for it can never be born alive ; and if not removed, the mother must die. This state of things often occurs, and medical men have very often destroyed the product of conception.

Davis, in his great work on obstetric medicine, (page 841,) says, with reference to this subject, "In cases of so much confinement or distortion of the pelvis as to make it incompatible with the birth of a living child, the next recourse to our art is to reduce the bulk of the child, by an operation *necessarily fatal to its life*. The head being by far the most bulky part of the child, it is found necessary only to perforate the skull, in order to insure the delivery of the whole subject. The operation consists in making an opening into the presenting part of the head, sufficiently ample to admit the escape of a considerable part of the brain." * * *

"A sufficient opening being made in the head, a part of the brain may be expected to be forced through it by the bearing down of the womb ; and that action continuing vigorous, the child's head will undergo a gradually increasing diminution of its bulk, and eventually the whole of the infant subject will, very probably, be expelled, without further assistance of art." — *Page 843.*

"This operation," continues the same high authority, "which is *necessarily destructive to the child*, can never be thought of as a justifiable measure until all

hope shall have been extinguished of being able to secure the birth of a living and un mutilated child by the natural passages compatible with a satisfactory degree of certainty of the mother's recovery. In all estimates, however, of the probable results of doubtful cases, the physician should never lose sight of the important fact, which in this Protestant country is not disputed, that *the life of the mother is incomparably more valuable than that of the unborn child.*" — Page 849.

In the valuable work of R. Collins, M. D., of Dublin, republished by the Medical Society of Massachusetts, (page 21,) will be found an account of "seventy-nine cases in which delivery was accomplished by reducing the size of the head of the child, and removing it in pieces, after the utter impracticability of labor being terminated in any other way was clearly proved. Fifteen of the seventy-nine ladies thus delivered, by destroying the child and reducing its head, died." "The only means," says this author, "of effecting delivery, where there is a disproportion between the head of the child and the pelvis of the mother, is by *reducing the size of the head, and delivering the parts separately.*" — Page 17.

How frequently it has been necessary to do this will be learned by the above statistics, and the great danger to the mother that attends the operation also. Who can say that it is not a *great blessing to have the means of preventing conception* in such cases

as these, and that *conception should have been prevented*, and thus these valuable lives have been preserved?

In one of the above cases, the author says, the "woman was deformed, and, even after the bones of the head were completely broken down, much difficulty was experienced in completing delivery. This was the *third time* she had been delivered in the same manner." — *Page 276*. What a blessing had it been if this lady had known and used the preventive to conception, and thus saved herself such horrible suffering!

In another case, "the lady was in labor forty-eight hours with her first child, when the author, being satisfied delivery could not be accomplished, the head was lessened, and delivery effected by the crotchet; even then, great difficulty was experienced in getting the head through." — *Page 276*.

In another case, "a lady was in labor with her *fourth child*, when a large tumor was found in the vagina, entirely preventing delivery. Here the head was lessened, and delivery of the child effected piecemeal." — *Page 277*.

In another instance, "after the female had been in labor forty-eight hours, the size of the pelvis was found too small to admit of the birth of the child, when delivery was accomplished by lessening the head and extracting the child in pieces." The next case men-

tioned was that of a lady who was delivered with the crotchet, by lessening the child after sixty-four hours' labor. This woman died on the thirteenth day after delivery." — *Page 277.*

Another case, in which, "after waiting eleven hours, the head was lessened, and delivery of the child effected. Many of the bones were obliged to be removed before delivery could be completed, *even then.*" — *Page 278.*

Another case, mentioned by that distinguished author, was that of a "woman of a most fretful and anxious disposition, about to be confined with her first child. After being in labor for some time, it was found impossible for the child to be born alive, on account of the smallness of the pelvis. The head was therefore lessened, and almost every bone of it removed, before it could be delivered; and, even after that was brought down, much exertion was required to free the shoulders and the body. The mother expired almost instantly after." — *Page 279.*

In another case cited by him, the "female was in labor thirty-three hours, with her *third child*, when it became evident the child could never be born alive. The head was then lessened, and the child brought away in pieces by the crotchet. *All her former children* were also delivered in the same way." — *Page 281.*

In another case, he says a "lady was delivered

of her first child by destroying the child and removing it in pieces. *In thirteen months only* was she obliged to be delivered *the second time, in the same manner.*" — Page 281.

In another case, the same distinguished writer says, "After waiting fourteen hours, it became certain that the bones of the pelvis would not allow the child to pass entire, when the perforator and crotchet were used, and the child destroyed, and removed in pieces. This patient had been *twice before delivered in the same manner.*" — Page 284.

In another case, which the compiler will introduce here, the author says he was called to "a lady who was in labor with her *seventh child*. In all her previous labors, she had been delivered *artificially*. He was also obliged to deliver by destroying the child, and removing it in pieces." — Page 286.

Other cases might be inserted, but the above are deemed sufficient. In concluding this report, the author of the work quoted from remarks, (page 290,) "In this report of the *number of children destroyed* and delivered by force, it is necessary to bear in mind that the *proportion of such deliveries* is greatly increased, in consequence of its occurring in the same patient *two, three, or even more times*, in whom, from some deformity or other circumstances, *such mode of delivery was rendered unavoidable*. Thus four were delivered in this way, *twice each*; three were thus de-

livered, *three times each*; and *six were thus delivered*, four or more times each."

The following case, taken from the Dublin Medical Gazette for November, 1850, illustrates the dangerous and often fatal consequences of removing the child, even when done with the utmost care and skill. The case is reported by Dr. Shekelton.

"The subject of this case was a female, to whom he was called, in labor, July 20, 1849, at four o'clock, P. M. On examining the case, he found a firm tumor in the vagina. She had been delivered *five times*; her first child was removed and dead, the second was delivered in pieces, the third was beheaded previous to delivery, the fourth and fifth were removed after opening the head. She was now in labor with her *sixth child*—was strong and healthy, and only 30 years of age.

"The pressure of the tumor, together with the sad history of her former labors, induced Dr. S. to summon other physicians in consultation; accordingly Drs. Collins, Evary, and Sir P. Crampton attended. A small portion of the head could be reached, sufficient to use the perforator, which they united in advising, to destroy the child. Shortly after the introduction of the instrument, the contents of the head were evacuated. The arm was next removed, and by degrees the entire contents of the chest, ribs, and bowels; the back bone was then removed in two pieces. With great exertion

the lower limbs, with the other arm, were removed, attached to torn portions of flesh and muscles.

"The most difficult part of the operation now remained — that of removing the head ; but fortunately it was extracted, with considerable difficulty. The whole proceeding occupied three hours. He felt great apprehension lest he should injure the lady, either with the instruments or with the jagged extremities of the bones. Till within twenty minutes of the final step in the operation, the pains were regular and strong — but now a change ensued ; the pulse became weak and rapid, and, in spite of stimulants, the poor lady expired, ten minutes after the completion of the extraction of the child." — *Page 165.*

In the *Lancet* for April, Dr. H. J. Davis, of London, relates two cases where he removed the child by destroying it to save the life of the mother. "February 12, 1850, at 9 o'clock, P. M., I was requested to visit a lady in labor. She was deformed by rickets, of short stature, and spare habit, aged 28 years. She was in labor with her *third child*. I was informed that her previous labors had been protracted, and terminated by destroying the fruit of conception. All attempts to deliver the child proved fruitless. The child was then destroyed, and finally removed in pieces. She recovered well, and was soon in perfect health." — *Page 299.*

There was no human possibility of this female ever

becoming a mother of a living child. This resulted from rickets when she was a young child, and no change can ever take place in her system by which she may enjoy the privileges of matrimony with safety, unless she obtain those means by which conception will be effectually prevented. To such females, this preparation is the greatest of earthly blessings.

There are many women who have tumors in the vagina, (see case mentioned page 214,) in the womb, or in the ovaries, hydatids of the womb, ovarian enlargements, &c., which render it impossible for them ever to become mothers of living children. Medical history furnishes a multitude of examples of such cases. Thousands of instances might be cited, to prove this, from the cases that have occurred in London and Paris within the last ten years. Here the offspring must be destroyed — a most painful, unpleasant, and hazardous operation for the female to bear; still it must be done, or death will in all probability ensue. This operation is performed by experienced physicians, and then the remedy to prevent conception recommended, and no further difficulties occur, and no rights, or privileges, or enjoyments of either party are impaired or infringed in the least. It is now extensively recommended by well-informed physicians in the old countries; and in the multitude of cases in which it has been used, it has never failed of accomplishing the object safely and satisfactorily.

In all the above cases, the *indispensable necessity of preventing conception* is clearly proved. Its morality none can question. It might be prevented, also, by the husband and wife refraining *entirely and forever from sexual intercourse*. In no other way can this be secure, unless the anti-conception compound be used. Shall we say that the man who is so unfortunate as to get such a wife, or the young wife so unhappily and painfully affected, (and all are equally liable to it, for these difficulties are only learned after marriage,) shall never be allowed to enjoy the passions of his and her natures — shall never know sexual pleasures? or that his wife, the precious companion of his early love and choice, shall never again indulge in the joys and pleasures of sexual love?

The parties, no one will say, should be divorced. This would be contrary to the law of God, and doom the unfortunate wife to a most unhappy state. The man must not become a libertine and seek the indulgence of his feelings with other women. This is contrary to all human and divine laws. Surely it is punishment enough to this couple to know and feel that they can never know, by experience, the happiness of parents, without adding to their trials. Can it be wrong for this pair to use such means as will enable them to live in social happiness, and matrimonial pleasures, when it can be done with the most perfect safety and ease? We say no. The better feelings of

simple, without in the least impairing health, and with infallible certainty, without any abridgment of their privileges and enjoyments in the married relation. Thanks to the indefatigable labors and researches of the learned and benevolent Professors Dunne and Derbois for the great discovery of the means by which pregnancy can safely and surely be prevented. By using this discovery, every woman can have, *in her own hands*, the means of prevention. (See Appendix.)

In many women physicians find their systems so constituted, that, if they become pregnant, if not at the imminent peril of life, it certainly is at the sacrifice of health; and even if life is spared, the birth of every child snatches many years from the life of the mother, hurrying her, with a shattered constitution and destroyed health, to a premature grave, while the offspring are feeble, always unhealthy, and, in a large majority of cases, die in early life. The knowledge and use of the means to prevent conception, in such persons, is an invaluable blessing. It may be used for a few years, and if the constitution recovers and the general health improves, — as it usually does under the use of the anti-conception preparations, — if they desire, their use may be discontinued, and the lady allow herself to become pregnant, when, with the change wrought in her general health, increased age, &c., she may be able to become the mother of a healthy child with comparative ease to herself. To

such individuals this discovery is of inestimable value. Many are the instances occurring under our own observation, in which sickly females, with feeble constitutions, by suspending pregnancy for a few years of married life, have been able to give birth to healthy offspring, whereas previously their babes were feeble, puny, and soon sank into untimely graves. Every physician of extensive practice meets with many such cases.

There are other women, who, although they may not become frequently pregnant, yet, when they are so, during seven or eight months of the time experience the utmost anguish of mind and body, mental sufferings of the severest form, equally destructive of health, vigor, beauty, and peace. Life, to such a lady, is only a scene of constant suffering; and can it be otherwise to the fond and affectionate husband? She may get through confinement and be blessed with a living and healthy child; but the fear and dread of again becoming pregnant, again to go through such a siege of sufferings from which she has just escaped, is a source of continual anxiety and dread, alike destructive to all true happiness and enjoyment in the married relation. Can the husband, in such cases, — and they are by no means unfrequent, — behold his bosom companion, the partner of his joys and sorrows, the mother of his children, the light of his home, his solace in sickness, his supporter in trials, thus drag-

our nature say no. Let this family enjoy all that God has made them capable of enjoying, and what he has given them in the passions and feelings of their natures; and let them use those means which will prevent any serious consequences in their peculiar cases. (See Appendix.)

pregnancy should sometimes be prevented. We allude to the welfare of the offspring.

It is true, for the history of the world is only a proof of it, that not only the sins and errors, but the misfortunes even, of parents, are visited upon their children often. The very great mortality of children is only a proof of an hereditary transmission of disease from parent to child. The complaints transmitted most commonly are *consumption, scrofula, gout, insanity, king's evil, venereal diseases, &c.*, and diseases caused by intemperance. In view, then, of this fact, namely, the transmission of disease to the offspring, reflecting people should, at least, hesitate and wisely consider whether it be not better to prevent conception, rather than have children brought into the world the certain victims of such woful diseases. Even if such persons are blessed with children, which are, with great and unwearièd pains, preserved through a sickly childhood, they are most generally cut off in early life, thus blasting the bright hopes, just emerging into existence, of fond and doting parents.

This subject claims the serious and close examination of every married man and woman. The happiness and welfare of families and of community alike demand it. Children are, indeed, a rich and precious blessing from our heavenly Father. Many ladies can have children without extreme suffering and danger—to them the above remarks do not apply. We

write for those differently situated, whose sufferings are to be relieved, and their lives prolonged, as well as happiness promoted. Disease has made sad work with our mortal frames, and, in too many instances, those functions which should be healthy are in a far different state. Many ladies are in feeble health, who are none the less worthy to become the companions of men, to share their joys and sorrows, and to assuage the trials of life. They are as strong in their attachments, as capable of loving, as worthy to be loved and cherished, as if disease had never changed their frames. They are subject to the same appetites and passions; and existence, in all its modes of manifestation, is as dear to them as to those in perfect health. Shall they be set aside, as unworthy to become wives and companions, because of what they could not avoid? But the male sex are not always healthy, and they should claim only what they are willing to grant. Let such duly consider their state of health, and in their plans be governed as their judgments shall dictate, responsible only to God and their own consciences in respect to their actions.

But does any one say that "the control over reproduction, in the gratification of the strong sexual passion implanted within us, is wisely withheld from us," and that, were people to obtain and exercise control over this instinct, the result would be disastrous to the human family? This we believe to be false.

Were people able to control, at pleasure, this result of sexual intercourse, it would certainly prevent many crimes, save many valuable lives and worthy members of the church and society, and it would also greatly promote happiness — would lessen vice and profligacy; it would also relieve the burdens of many of the poor, enabling them more carefully to educate and better to provide for their offspring; for it is notoriously true that many families increase more rapidly than, with their utmost diligence, they are able to provide means of support for the children, to say nothing of education. Many a father toils with unceasing activity, and often is the mother worn down to an untimely grave, laboring to care for and support their rising family. A safe and efficacious means of diminishing the number of births would, *in these cases certainly*, greatly promote the happiness and usefulness of these children, as well as the life and health of the parents.

Again: there are cases in which the vice of the father throws a weight upon the mother of a rapidly-growing family which bears her down to her grave. Let the following, among many cases that might be given, serve as a specimen, as it undoubtedly is, of many. A young lady, of vigorous constitution and most industrious habits, became united in marriage to a young merchant of excellent habits and character. They were excessively fond of each other, and seemed as happy as two mortals could. By the

influence of gay associates, the husband was led into bad habits, and occasional intemperance. They had been married not quite five years, and she had become the mother of four dear little children. The habits of the father were growing worse, and his property became deeply involved, and their condition in life not at all enviable. With her excellent habits of industry and good constitution, with what the husband and father would do to aid them, she felt that she could get along very well, and bring up her little family in decency and comfort, were she to have no more. But, judging from the past, what had she to expect? To use her own language, when she applied for advice, she said, (the following is the extract from her excellent letter,) "I shudder at the prospect before me. Were I to have no more children, I could get along with comfort, and be happy with my darling offspring; but what am I to expect? When I seriously consider my situation, I can see no other alternative," says she, "but to tear myself away from the man, who, though addicted to occasional intoxication, would sacrifice his life for my sake, or I must continue to witness his degradation, and, in all probability, bring into existence a numerous family of helpless and destitute children, who, on account of poverty, must inevitably be doomed to a life of ignorance, and consequent vice and misery. My condition is truly painful, and my life is wearied with the deepest solicitude," &c.

Now, what can be done in this unhappy case, unless the wife and mother be furnished with the means of preventing conception, and thus be relieved of that deep solicitude which preys upon her very lifeblood? Will any one say it is immoral or unseemly for a lady to indulge her sexual desires, and then use means to prevent conception? This is not true. It is by no means immoral, as we have seen. And can it be unseemly to prevent, in her own person, so much anguish and misery? Certainly it is both unseemly and wicked for a woman to suffer so much. Neither would she be justified in leaving a fond husband, and father of her precious babes, or in refusing him the privileges of wedlock. What then remains for her but to prevent conception?

Let any person look at many portions of the continent of Europe, among the most refined people in the world, in Paris, for instance, the most polished society on earth, and the farthest removed from rudeness, and they will seldom see large families, as is often seen in this country. And French ladies, of the utmost delicacy and refinement, will often be heard to remark, when their children are alluded to, "I have four children; my husband and I think that is as many as we can do justice to, and *I do not intend to have any more.*" Or, "I have three children, and my husband does not think he can support and properly educate more, and *I do not intend to have any more chil-*

dren." And, again, it will be often said by a young couple, "We married young, and do not feel able to support children at present, and therefore *we shall not have any family for a few years.*" No one who has mingled freely in the best society in Paris, or continental Europe even, will say that such remarks are *unusual* and *uncommon*. Will our sensitive ladies blush at such plainness of language and simplicity of expression? Let us assure such the indelicacy is in their own minds, not in the French lady's expression. We state only facts, which any one can verify by living with the polished society of the old world.

It is evident, then, that families may possess and exercise the power of limiting their offspring according to their necessities and desires. By doing this, their health and happiness will be essentially promoted, as well as the harmony and peace of families. It may save not only the health of the bosom companion and mother, but also her life so important to the husband and his darling children. In no case can it be mischievous, for they need not use the means unless in their judgment it is best. It surely cannot be hurtful to know this. No man ought to require or expect that the whole life of an intellectual, refined, and cultivated female should be spent in bringing into the world, and raising through infancy and childhood, a family of twelve or fifteen children, or even eight or ten, when this can only take place at the ruin of

her constitution and a complete sacrifice of her health, as well as comfort and usefulness.

Then, again, there are tumors, in many cases, (see page 214,) and other diseases of the female genital organs, which oppose an insurmountable obstacle to the birth of a child. These females are married ladies, have the feelings of other married ladies, have husbands possessed of the same passions and emotions as other husbands; and is it immoral to place in that woman's hands means by which she can effectually keep herself from becoming pregnant? She is as liable to conceive as other women; but an obstacle is placed against her ever becoming a mother, over which she has no control. What is to be done in such cases? Neither the law of God or man calls for, or even permits, a divorce under such circumstances. They are to live together as man and wife, and enjoy all they can in the married state; for surely it is trial enough for them to know that God has prevented their ever being parents by an impassable barrier. It surely cannot be immoral or improper for this wife to know and use the means by which she can be safe from the *imminent dangers of conception, in her case*. Her very existence may depend upon the use of such means.

CHAPTER XXI.

EXTRACTS FROM VARIOUS LETTERS RECEIVED FROM LADIES OF HIGH CHARACTER AND WORTH IN NEW ENGLAND, &c., URGING THE GREAT NECESSITY OF SOME SIMPLE AND SAFE MEANS OF PREVENTING OR SUSPENDING CONCEPTION, TO BE PLACED IN THE HANDS OF WIVES AND MOTHERS. — THEIR VIEWS OF THE INDISPENSABLE IMPORTANCE OF THE SUBJECT. — CASES.

THE compiler takes the liberty of introducing in this chapter portions of different letters received by him, while these sheets are passing through the press, from wives and mothers, presenting strong reasons why conception or pregnancy should be suspended or prevented at the will of the parties. Let every married lady read carefully these extracts; and if they do not approve, surely they cannot object, to the use of simple and safe means to obtain so great a good. The first came from a patient of the compiler, entirely unsolicited and unexpected; and although long, yet will be found full of interest. It may be proper for the compiler to add, that the writer is the wife of a literary gentleman in New England, and a mother, an

author, and a popular writer in our best monthly periodicals. She is a regular graduate of one of the first literary institutions in our country, and for years was the successful principal of a female seminary — extensively known and admired in her literary and religious writings in all parts of the United States. But the communication will speak for itself; its style, its chaste and literary character, and the cogency of her reasoning, all indicate the character of the writer, and express the deep solicitude of her heart to possess some safe means to lessen the evils she beholds pressing so heavily upon her sex, and from which so many are hurried to early graves.

* * * “Having learned that you were about to publish a work on female diseases, allow me to presume so far on our old acquaintance as to ask — both on my own behalf and on that of hundreds of my suffering countrywomen — a simple question. *Are there no means existing, both safe and simple, to prevent conception at the will of the parties?* The query has, at first view, I must confess, rather a startling aspect; and yet I think, when I have laid before you my reasons for thinking such means necessary, you will, at least, allow that they merit a consideration.

“Very much has been said, lately, of the degeneracy of women — her inability to bear healthy children, and of the suffering and sorrow occasioned by

the untimely death of the mother just at that period when her presence and care seem most indispensable to her family, &c.

“I need go no farther than to refer to the many cases I know you have met in your own extensive practice, where many most valuable females have fallen victims to their maternal duties, whose early deaths have been an irreparable loss, not only to their own families, but to society at large. We call it a mysterious providence, and wonder, in our weakness, that Infinite Wisdom should so direct its steps. But is it mysterious? Is it wondrous? Besides all the claims of the social circle, which, in our age, are neither few nor small; besides the cares, and often the whole labor, of their own households, these mothers have, once in fifteen, eighteen months, (most happy are they if the period extends to two years,) gone through the pains and sufferings of childbearing, the whole intermediate time being occupied in a duty almost equally trying to the constitution, that of nursing. Is it any wonder that a constitution thus tried *should* fail at last? Would it not require *more* wisdom to show how it *could possibly be supported under such a weight*, especially when we take into consideration the defective physical education now given to our daughters? Is it any wonder, either, that children born at such an expense of physical suffering, and by constitutions so weakened, should themselves be feeble and

ailing, and that their early deaths, of which every paper bears its fearful record, should carry suffering and sorrow to many a desolated hearthstone? Could such a remedy as I have spoken of be found, by which the period between the birth of each child could be extended to three or four years, thus giving the mother time to recover health and mature her strength, many a valuable life would be spared, and years of suffering to both mother and child.

“That the want of a remedy to these evils is deeply felt, I need only refer you to the many cases that are constantly occurring — too often, alas! fatal in their results — where poisonous drugs and nostrums are resorted to, that the cares of the already overburdened mother *may not be increased*. A case of this kind has just occurred near us, where the father of the family was intemperate. The mother, an honest, industrious woman, by the most severe labor was just able to earn a scanty support for her group of six little ones — the age of the eldest only ten. She was in despair at finding, with her failing health, the prospect of another addition to her little charge, and resolved, as a choice of evils, to rid herself of it. She took one of the popular nostrums of the day, and in two or three days the only dependence of that helpless family was a corpse. We cannot justify the course pursued, so sad in its results; yet in whose heart would not pity predominate over blame? What a blessing

would it have been for that mother, and for others similarly situated, could they have recourse to *some safe and certain preventive before* its use became a crime !

“Nor is it only in families, where vice has destroyed the benefits of the parental relation, that its use would be a blessing. Said one mother to me, ‘We have no permanent home. Every resource to which my husband has so far resorted for support has failed. Do you wonder, then, that I am discouraged and disheartened, when every year or two adds another to our number, and decreases my own ability to aid in their support? What would I not give for some means to prevent this rapid increase!’ ‘I have been told,’ said another one, similarly situated, ‘that such a course of prevention would be wrong; but my own opinion is, that, in our case at least, the sin would lie the other way; for how could it be worse to abstain from having children, than to assume the responsibility of giving birth to those whom we can neither support nor educate?’

“Nor can I soon forget the reply of another, whose group of half-starved, half-clothed children gave fair promise of adding their number, at least, to our list of criminals and vagabonds, when asked why she suffered such a state of things: ‘No one had better intentions than myself when my first helpless infant was placed in my arms. But look at my eight children;

and I am only thirty ! Their physical wants must be cared for, the means of their support earned ; and all this must be done *amidst constant pain and suffering*. If I took time for mental education, the body must suffer ; and I have neither the ability nor courage left to fit myself for such a task.' And her words needed no further confirmation than was supplied by the deep lines of anxiety and wearing care upon her face.

" Said another, ' Could I only retire one night with the consciousness of duties performed, I should count that a happy day. But with all this family, and my own miserable health, my sewing, and my household cares, how is it possible my spirits should not always be depressed under this weary burden of an unsatisfied conscience and neglected duty ? *I have tried every means in my power to avoid increasing my family, but all in vain.* The discoverer of *some remedy* that would place the control of these things in the *mother's* power would be a PUBLIC BENEFACTOR.' But there is no need of multiplying instances. They exist in every circle and on every side.

" Again : I believe that such a result would greatly increase, in some instances, the happiness of the family circle. ' With what anticipations of the most unalloyed happiness did I look forward to a participation in my husband's literary pursuits ! ' said a lady of much intelligence, whose early years had been rich in promise of both literary usefulness and renown, — ' and

how sadly have all these hopes been disappointed ! When my first child was born, we looked upon it only as an increase to our happiness, an incentive to further effort, both on its behalf and on our own. But now, although I dearly love my children, I can but look with regret on my own lost health, and my husband's disappointment, not greater than my own, that I can no longer be his companion in literary labors ; for even my *interest* in them has vanished amid the too rapidly accumulating labors of the nursery ; and I, who hardly find time to glance at a newspaper, find it difficult to realize that I have any thing, except my warm attachments, in common with the poetess bride of ten years since.'

"The human being is so constituted that relaxation and health are absolutely necessary to intellectual, mental, and physical vigor. Yet how is it possible, as many mothers are situated, for them to enjoy either ? The constant care of their families, the iron hand of custom, which shuts the expectant mother away from the free air of heaven, and the still sterner bond of necessity which the watch of her little ones imposes, makes the house of God, even, an almost forbidden luxury, and the lecture or society for mental improvement an unthought-of innovation. Is it any wonder, then, that her brow should wear the hues of fretful anxiety, and that the early loss of beauty, so constant-

ly remarked by European travellers, should become a characteristic of our people?

“In England, and on the continent of Europe, this is not the case. Ladies there, among the middle and higher classes, are not regarded as attaining their highest style of beauty until the maternal affections have been developed, and maternal cares have added their shades of thought to the gay and careless face of girlhood. This was amply demonstrated to me during a year’s sojourn on the continent of Europe, a few years since. And why should it not be so in our own country? Why, instead of the rounded face, the full brow, the rosy complexion, and, above all, the cheerful expression of the English or continental matron, should we so often meet the look of care, anxiety, the sharp features, and the fretful, wearied expression of ill health, so common among our American mothers? I acknowledge that, in my own opinion, much of the difference is owing to the different degrees of exercise taken in the open air by the English and American GIRL, as well as woman. Yet even here I find an argument in favor of my theory; for many a young mother who could have taken her infant in her arms, or in its little carriage, which its four-year-old brother or sister would have rejoiced to aid in drawing, can testify to weeks and even months of seclusion for herself and little charge, where their sole portion of the

bracing air so necessary to health came to them through their windows from the dusty streets and crowded thoroughfares of the city. Is it any wonder that the human plant so secluded from its proper nourishment *should* fade and *wither before its time*, and, like its vegetable prototype, under similar circumstances, become suggestive of any thing rather than the grace and beauty which would have belonged to it under other and more favorable conditions?

“I was very much impressed by a statement I saw in one of our papers, lately, on the increase of crime. It was that, to one class of community, marriage was as much prohibited as if done by legal enactment. This included principally clerks in stores, and the junior portion of the mercantile community generally, whose limited salaries would suffice only for their own support, and in whom it would be madness to incur the expenses of an increasing family. Now, I am not of the class who think that evils brought on by many concurrent circumstances can be removed by a single remedy, nor is this the place to advocate the change of occupation, which might do much towards the removal of so serious an evil; but *would not the remedy for which I ask be of great service* to morals in this class, by enabling them to marry early, and then regulate the increase of their families according to their increased ability to support them, and thus remove from them a fruitful source of temptation? The

strictest advocate of right and morality must, I think, grant this position.

“But it is time I should draw this long letter to a close. An old proverb says, ‘Out of the abundance of the heart the mouth speaketh;’ so you will not doubt my own sense of *the importance of the remedy* for which I ask, and this must be my excuse for so much exceeding the limits of a common letter.

“I remain, as ever,

“Your obliged friend and patient,

“A. —.”

The letter from which the following extract is taken was written by a lady in Philadelphia, dated May, 1853. It presents in a strong light some of the reasons why conception should be prevented in many cases.

* * * “These weekly bills of mortality — what sad tales they tell to the thinking heart! It is a little paragraph, hastily passed and soon forgotten by some; but to the mourning mother, how strongly does it speak of aching hearts, of crushed hopes, and buried memories! More than half are infants and children under three years of age. The looker on says, ‘It is but a babe,’ and passes by on the other side. Ah, little dreams he of the sunny hopes and airy visions inwoven in the shroud of that pale sleeper!

“ But my object in addressing you these lines is not to write their requiem, but to ask, Must these things always be ? Is there no hope for the mother — none for the child ? It seems to me that one fruitful source of this evil is to be found in the too rapid increase of families. By this I mean when the period between the birth of two children is not sufficient to allow the mother time to recover her usual health and strength of constitution. An old proverb says, ‘ Like produces like ; ’ no one expects a weak, diseased animal to produce strong, healthy young. Why does not the same argument follow in the human family ? How often is it the case that the first children are far more healthy, and even superior in intellect, to those that follow, when the interval between their births is limited to the short space of sixteen months, or even two years ! In cities, where the mother is denied the bracing effects of fresh air, this period is *far too short* to allow of her perfect recovery, especially when so much of the time is necessarily occupied in the trying duty of nursing. *The second child must then, necessarily, come into the world with a weakened constitution and a predisposition to disease, which causes it to sink under its first attack,* especially when, as is too often the case, the supply of its natural food is cut off by the prospects of another addition to the little group. Is there no remedy for this — not any that will *suspend conception* for a limited time, and thus enable

the mother to give a healthy constitution to her child?

“I will say nothing here of the consequences to the mother’s health of such frequent and constant suffering. It is only for the sorrows of the heart that I am pleading now. One instance I will mention among my own acquaintance. The father and mother were both perfectly healthy. During the period of eighteen years, she gave birth to thirteen children. Only four of this number attained mature age — one of the eldest sons and three daughters. The son is a robust young man; but the daughters are, and have been from their childhood, constant sufferers. They are well married, but only one of the number has been blessed with children. Now, how much better had it been for this family had there been *three or four years* between the birth of each child, instead of eighteen months! How much more probable would it have been that they would have arrived at mature age! Could a remedy, simple, safe, yet effectual, be discovered and made known, by the use of which the feeble wife and mother might suspend conception at pleasure, how much suffering to her might be saved, and how much greater the probability that the child would have sufficient vigor and strength of constitution to withstand the diseases of childhood! For if the mother be feeble and unhealthy, *how is it possible that her infant child can be otherwise?*”

“Excuse my presuming so much on old acquaintance, and believe me, as ever,

“X——.”

For the satisfaction of people, we will relate a few cases from actual facts under our own observation. In conversation, the present week, with one of the most influential and respectable citizens of this city, and president of one of the largest banking houses, he voluntarily expressed his entire conviction of the certain efficacy of the remedies. He said he could speak from personal experience. He married, while young, a young and healthy bride, and soon had three children, the mutual pledges of their love. Her health began to fail from repeated childbearing; it proved too great a tax upon her constitution. He heard of this discovery of Professors Dunne and Derbois through a friend, and sent to Europe for the anti-conception compound, and since that time he has never been without it, which is now twelve years. His wife's health began to improve under its use; and, after waiting more than four years, during which time no sexual act transpired without its use, it was then omitted, and soon conception took place. After her confinement it was again resorted to, and continued without intermission five years, when it was again omitted, and she, at the proper time, became the mother of her fifth child. Says he, “I owe the health

of my wife and my children to these preparations ; and I would not do without them, neither would my wife, for all the world. It has contributed much to our happiness and comfort of mind." Such is the testimony of one of the most influential citizens of Boston.

The following is extracted from a private letter to the compiler : —

" I had been married a little more than two years, and had become the father of two children. My circumstances were limited ; I am a mechanic, and had nothing but my hands to depend upon ; and both myself and wife — both of us quite young — looked forward with the deepest degree of disquietude at the prospects of our increasing family. It was at that time I became acquainted with you, sir ; and when you informed me of the discovery of Professors Dunne and Derbois, of its safety and efficacy, I at once procured the preparations. A load of anxious disquietude and care was relieved from our minds ; we felt free again ; a mountain's weight was taken from our anxious spirits. It is now eight years since, and we have been the happiest of mortals. After using it according to directions for five years, it was discontinued, and my wife again became a mother of a beautiful son ; since then the remedy has again been employed. Our happiness in this life, in the married

relation, is mainly attributed to you, sir. May you make other families as happy as you have made us, is our earnest prayer," &c.

The following is another extract of a letter from a gentleman in Boston to the compiler :—

"The benefits of Professors Dunne and Derbois' discovery have been to me the crowning blessing of my life. I was born of poor parents, and early left an orphan. When of age, I became acquainted with a lovely girl, and desired to marry, feeling that it would materially increase my happiness to be united to the chosen object of my heart's warmest affections. This 'preventive' I obtained; and it is now seven years since we married, and it has been used regularly. I succeeded in business, and have now the means of supporting a family; but my constitution is such a one as I think a parent ought not to transmit to his offspring. I prefer not to give life to offspring without their possessing, at the same time, physical as well as moral and intellectual advantages, so essential to human happiness. My wife, also, is from a very consumptive family; and were we to give birth to children, they would probably never have health and good constitutions. We thus prefer to continue as we have done so far, much to our happiness and enjoyment."

CHAPTER XXII.

ANSWER TO OBJECTIONS TO THE PREVENTION OF CONCEPTION. — IT DOES NOT INTERFERE WITH THE ESTABLISHED ORDER OF NATURE. — TO PREVENT CONCEPTION PROMOTES MORALITY. — IMPROVES SOCIETY SOCIALLY. — IT BENEFITS SOCIETY AND INDIVIDUALS PHYSIOLOGICALLY.

AFTER examining all that has been said on previous pages respecting the necessity in many cases, the desirableness and importance in others, of preventing conception, or of regulating it at the will of the parties, some may perhaps be ready to say that Nature herself decides it to be both right and proper that we should reproduce our species without restraint or calculation. If married people indulge in sexual intercourse, they must not *control or regulate its results*.

To this the authors would reply by inquiring whether Nature also declares it right and proper that our dwellings should remain unprotected from the effects of electricity. If people will live in houses, they must ward off or prevent the evil effects of lightning. Or when, during the greatest heat of summer, with the

thermometer at ninety-six degrees, should we drink freely cold water, because we are thirsty, and can do it with impunity at other seasons, without endangering life? Does not Nature teach us to guard with the utmost care our dwellings from the destructive effects of electricity, and our bodies from the injurious and destructive consequences of using too much cold water? Nature has endowed us with our passions and propensities, and also given us intelligence to *control* and *regulate*, to our best good, *these very powers and propensities*. If we hesitate to use our reason and judgment, we descend to a level with the brutes.

Will any one pretend that it is right to allow a refined and delicate woman to go down to her grave surely and rapidly, the victim of too frequent child-bearing? Hundreds and thousands of the best of wives and mothers have thus sunk into untimely graves, who, could they have known and used "means by which conception could be suspended for a time," might have lived to train up their children, and been ornaments to society. Can it be right to see lovely woman thus suffer, and thus hurried to an early grave, in so many instances, without lifting a warning voice against it? There are means, *both safe and simple*, by which this evil may be prevented. Shall we not give all the information, that, if they choose, they may avail themselves of the remedy ere it be too late?

Will it be said that to recommend to married people

prudential restraint, in cases where children cannot be provided for, is an insult to the honest but poor family, since all *should* be so circumstanced, when they enter the "matrimonial state," that they may provide amply for the largest family? It is indeed true all *ought* to be so circumstanced; but it is lamentably true all *are not*. There would be just as much reason in bidding a poor family to enter, by force, a small but well-arranged cottage, with its beautiful gardens and fruit, because they *ought* to be able to have such a place of their own.

So is it true that all young women, when married, *should* be able to have the largest families of children—should possess sufficient strength of constitution to have children rapidly, and still remain in health and vigor. But all *are not* so. Alas! how great a number are feeble, and troubled with some weakening difficulties! Shall it be said none but the vigorous, the robust, and those with healthy constitutions should ever become wives? How large a proportion of the female sex must then remain, through life, in single blessedness!

But surely enough has been already said, in answer to various objections, with reference to the use of safe and simple means for the "prevention to conception." In conclusion, the authors would state that it appears evident to the most distinguished men in the old world, as well as in the new, who have attentively

examined this subject, to many clergymen and eminent physiologists, to many of the best members of the medical profession, to Professors Dunne and Derbois, and to the compiler of this work, that, in its *moral, social, and physiological* aspect, pregnancy *should be prevented* in some cases, should be *temporarily suspended* in numerous instances, aside from those in which, from malformation or disease, it is rendered imperative to save life, or as a safe substitute for a dangerous and painful operation.

It will promote morality, because, first, it will greatly encourage early marriages, by removing its principal obstacle in many cases ; namely, the fear of having offspring before the female frame arrives at its full development and maturity, and before the young couple are pecuniarily able to support, care for, and educate children.

Secondly, by inducing early marriages, it greatly removes temptations to spend time with vicious associates, forming bad habits, which, from the ardor of youthful passions, plunge the young of both sexes into acts of impropriety, in the moment of overpowering temptation, by which they *sink irretrievably in the estimation of a virtuous community*, and become the victims of *lasting scorn and infamy*.

Thirdly, by inducing early marriages, a powerful impulsive force to the improper indulgence of the passions, to seduction and licentiousness, would be in a

great measure removed, and shorn of its greatest power.

Fourthly, by inducing early marriages, it would foster early and strong attachments, the young would become strongly attached to each other in early life, and, deriving pleasure, intellectual, moral, and social, in each other's society, they would be protected from very many of the snares of the evil one.

Fifthly, by inducing early marriages, the lawful indulgence of the passions, in God's own appointed way, would be encouraged, lawful marriage would be much more common, and the temptation to unlawful and immoral sexual intercourse would be diminished. Those that truly love each other, when the great barrier to their lawful union is removed, (namely, the dread of having children before they can be supported,) would cultivate that love, and, finding their greatest happiness in each other's society, they would never seek the unlawful indulgence of their sexual passions. What motive would there be for doing it? They may lawfully enjoy each other, without detriment or fear, in early life.

All moralists and divines now agree in recommending early marriages as the surest preventive of licentiousness. This is impossible to many while the dread of offspring stares them in the face, if they marry early. Therefore many seek in unlawful indulgence and a libertine course the gratification of their pas-

sions; for they cannot consent to become parents in very early life, as they assuredly will, if they follow the advice of teachers of morals in entering the matrimonial state. Assure them that they can get married without the fear of having offspring, if they choose to employ the means God has placed within their reach, and then can they feel free to marry.

Shall we be met here by the assertion that God has instituted the relation between sexual intercourse and conception, therefore it is immoral and wrong to prevent the results of this connection? To such let us say, that when God causes a shower to pass over the earth, to water and refresh it, on a hot summer's day, he has ordained that there shall be electricity in that cloud, and the forked lightning—heaven's own fiery artillery—may demolish our habitations and destroy our lives. Is it wrong, therefore, for man to guard against its effects, by all the means in his power, to save his own life and those of his family and dependants? Shall he stand still and say, "I will put no conductors on my house to ward off the lightning, because, if I do, I shall interfere with the established order of Heaven, and therefore I should do wrong"? Was it wrong for Franklin to take the lightning from the cloud entirely, and thus remove all danger of the natural effects of its explosion, and save life? Then it is no more immoral and wrong to guard ourselves against the effects of sexual intercourse. Man is to

use his reason and judgment, as in the case of electricity in the cloud. The way of life and death is before him. Man as really interferes with nature's laws, when he protects his dwelling from the effects of electricity, as does that person who prevents conception by using the means provided to her hand, after sexual intercourse.

Shall we be met by the assertion that the course we recommend would greatly encourage licentiousness, diminish the restraints to sexual indulgence in youth, and thus prove immoral in its effects, by removing the fear of the results of this indulgence, out of wedlock? Will any say, if the fear of conception is removed, or, in other words, if people know they can use means which will prevent this, and yet enjoy sexual intercourse, that it will greatly encourage licentiousness? Does the objector here intend to convey the impression that young ladies are kept virtuous from fear of pregnancy and exposure, if they yield to impulses or solicitations? Is virtue in our lovely sisters and wives guarded by no stronger barrier than *fear* of exposure, or of consequences which cannot be hid? Really, we have too high an estimate of the dignity and nobleness of their natures to admit any weight in this objection. If there is any force to this objection, all must see that the whole weight of it is removed after marriage; for the young married woman can indulge her sexual passions with others than her husband, and yet have *no fear* of

exposure. What would be thought of young men, should they refuse to marry, because, in their absence to their business, their wives could indulge in sexual pleasures with other men, and never fear exposure? for the husband cannot prove what is conceived by his wife is from him, unless he has implicit confidence in his wife's virtue; the new-born child cannot expose its father. Does the fear of exposure from the results of sexual intercourse form the chief safeguard to female virtue and chastity? If so, it is surely taken away at marriage, and therefore she should never marry. We do not believe the author of this objection really believes it himself. No; virtue in young ladies is secured by the golden chain of moral excellence, of intellectual and conscious dignity, by a noble elevation of soul and high purity of thought, not by base and servile fear.

But allusion has been made to the social effects of the use of this great discovery.

First, its use would be a great benefit to society socially; for young men, instead of seeking amusement and excitement, in their leisure hours, in the intoxicating cup, in games of chance, in night carousals, and finally in brothels, acquiring habits of dissipation, degrading alike to all the noble and acute susceptibilities of youth — habits which often cling to them in after-life with great tenacity — habits which often impair or destroy forever their health, by infecting the consti-

tution with some foul disease — we say young men would, with the view of early marriage, cultivate the society of young ladies, form social and domestic ties, and thus beget refinement of manners and habits, while yet pure and uncontaminated by contact with the dissolute and vicious.

Secondly, young persons, even with very limited means, could nevertheless marry, and they would soon find reason to husband their earnings, as well as unite their efforts, with the view of bettering their condition *pecuniarily*, thus acquiring the means of supporting a family. At the same time, in the season of their youth, they would be daily enjoying all those social endearments which each sex finds and experiences in the other, where their hearts' warm affections, views, feelings, and interests are in unison.

Those, also, in better circumstances would marry early, and could enjoy all the pleasures of matrimony, with its social elevation and improvement, merely deferring an increase of family until their constitutions, particularly that of the female, become sufficiently developed and matured to endure the arduous tax of pregnancy, and they become established in business, before the greatly accumulating expenses of an increasing family should overtax the constitution of the young wife, and consume their pecuniary capital. Thus their future constitutional health and vigor, the future physical welfare of their children, as well

as comfortable provision for themselves, together with their own highest enjoyments, all conspire to render our positions *true, socially*, in an *eminent degree*.

Again: there are strong physiological proofs of the course recommended for preventing conception. Too frequent childbearing produces puny, sickly, and feeble offspring. To prevent and properly regulate conception, having respect to the general constitution of the mother, would tend powerfully to a more robust, vigorous, and healthy offspring. And the consequences of promiscuous intercourse in youth, tainting the constitution with its blasting effects, would diminish, and thus the physiological benefits of the use of this anti-conception compound would be immense.

Then we say, and we are sure all right reasoners say with us, that preventing conception, in many cases, cannot be immoral; for it improves the moral, social, and physical condition of many families who should resort to it, and tends greatly to increase, promote, and develop their own happiness and ameliorate their condition. Whatever does this cannot be immoral or improper. The instinct of reproduction, like our other passions and appetites, should be controlled by judgment and reason, that, when the gratification of the sexual passion between those whom God has joined together results in evil effects, either to themselves, or their offspring, or to society—if all this evil can be

prevented, as we fully believe it can, it is an obligation of morality and philanthropy to do it.

We most fully believe the judicious use of the "means by which impregnation may be suspended for a time, or entirely prevented," will render people more mindful and cautious, both of their own welfare and also the health and welfare of their offspring; and are therefore conscientious in recommending such means to those who would develop their social affections, thus improving their moral nature, and adding largely to their sources of happiness.

CHAPTER XXIII.

MISCARRIAGE AND PREMATURE LABOR. — CAUSES OF MISCARRIAGE NUMEROUS. — LEUCORRHEA A MOST COMMON CAUSE. — ALL CAUSES FAIL SOMETIMES. — SUPPOSED EFFICACY OF MEDICINES. — THE DANGEROUS CONSEQUENCES OF FREQUENT MISCARRIAGE TO MOTHERS AND OFFSPRING. — MEANS TO PREVENT MISCARRIAGE. — TRANSMISSION OF DISEASE. — MOTHER'S INFLUENCE UPON OFFSPRING. — IMPORTANCE OF PROPER CARE AND MEDICAL TREATMENT.

By the term "miscarriage" is understood the throwing off or expulsion of the product of conception from the womb at a period so early that it cannot live; while the term "premature labor" expresses the same result, but at a period when the child is sufficiently developed to live and maintain an independent existence after its separation from its mother. It is generally true that a child cannot live under seven months from the date of conception. A female, therefore, may miscarry at any period of pregnancy under seven months.

Violent passions or emotions of the mind, such as fright, anger, grief, or, indeed, any violent shocks of the nervous system, may result in miscarriage. Falls,

blows upon the bowels, a false step, reaching, lifting heavy weights, dancing, corsets, or tight clothes, severe turns of vomiting, fevers, &c., are all occasional causes of miscarriage; but the most frequent cause of miscarriage is to be found in various derangements of menstruation, particularly leucorrhœa, or the whites. This troublesome difficulty, if it does not prevent conception, as is usually the case when long continued or severe, will most commonly cause miscarriage.

There are some females, who, from weakening derangements of their sexual organs, will miscarry from the slightest causes, and others, again, who resist the most violent shocks without being affected in the least. Females have purposely thrown themselves down stairs, have performed the most violent actions of the body, for the purpose of producing miscarriage, and have failed.

A great many medicines are supposed to produce this, and are used by some; but there is no certainty in their action. Of one thing every female may be certain; viz., that she who uses them "tampers with her life," says Dr. Dixon, of New York. "When we hear of married persons adopting such means of freeing themselves from the product of conception, we consider them doubly guilty—of an attempt at self-murder, added to the murder of the child in utero." "The most violent and daring attempts on the part of females to produce miscarriage often only hazard their

own lives, without being followed by the desired result." "They often occasion the death of both mother and child," says Copeland.

There cannot be a question that miscarriage, whenever it is produced, from whatever cause, is productive of the most injurious and serious effects upon the female constitution. Let those who cherish a contrary view, from having frequently experienced it and escaped any permanent injury, as they suppose, be thankful that the evil day has not yet come to them. A long catalogue of exhausting diseases are its legitimate consequences, resulting in lingering sufferings and a premature grave. Consumption and general debility soon supervene, unless the lady falls a victim to some other disease before the constitution breaks up from utter exhaustion.

Of the motives that may impel the reckless and imprudent wife to seek to produce miscarriage, or to refuse to employ all proper precautions to prevent it, we have nothing to say in this place. We now allude to its woful effects upon the constitution of the wife, and perhaps mother. But what shall we say of the condition of the offspring, should such persons become mothers, after years of feebleness and frequent prostration of their natural powers by voluntary miscarriage? Alas! how many examples of early death from consumption, how many cases of convulsions, of dropsy in the brain, of idiocy, may be traced to this very

cause! With what sensations must that wife and mother be visited, when she becomes conscious of such truths, if she has been the heedless or voluntary author of results so melancholy and heartrending! Her feelings, surely, must be dreadful. Very few who are capable of observation will doubt the transmission of the mother's own physical peculiarities to her offspring; and nothing can be more certain than that those who wish to enjoy in their latter years the society of intellectual and amiable children must exercise, during gestation, the most watchful care over their most secret thoughts and actions, says Dr. Dixon.

Nothing tends more surely to induce miscarriage or abortion than long-continued, exhausting leucorrhœa, or other weakening diseases of the sexual system, in young ladies. Conception at too early a period after delivery, or after a previous abortion, says Copeland, is also a very common cause of miscarriage.

The directions necessary for preventing this serious accident when it threatens to occur, are, first, to insure the most perfect possible rest of both body and mind. The lady should be placed upon a mattress, or straw bed, or even the floor, in preference to a feather bed. The room should be well ventilated; the patient thinly covered; her drinks, toast-water, balm tea, &c.

The *causes* which affect the health and life of offspring are embraced in two classes; those having ref-

erence to the state of the parent *before* birth, and those which act *directly* upon the child *after its birth*. The first class includes those tendencies to disease which are derived from both parents ; the second, those which act through the mother's system, and which are especially under her control ; viz., her health and conduct during the period of pregnancy. Amongst the affluent in cities and villages, where the nurture of the body is sedulously pursued, and under the best advantages, it is often found difficult, and in many cases impossible, to rear the children to maturity. Consumption, or scrofula, or some other hereditary disease, carries off one child after another, the utmost care not being more than enough to save one or two sickly children ; whilst in the families of another class, whose external circumstances are not so favorable to health, we often see one child after another born with a perfectly healthy system, and growing up to a vigorous manhood, such a thing as disease being scarcely known. The disease in the former case is transmitted from the parents to the offspring, and the stock is unhealthy ; whilst in the latter the children are healthy because the constitutions of those from whom they have derived their being are healthy. External circumstances and management will not explain the different result ; indeed, we have supposed them in favor of the sickly and delicate. In all ages, this fact of hereditary influence upon the constitution and general

health of offspring has been admitted ; and although here and there may be found an apparent exception, the general rule holds true. If this exception be traced out for a few years, it will often prove no exception at all ; for hereditary disease, after a while, manifests itself. Its seeds had evidently existed at birth, and have only been lying dormant in the system.

The young mother is little aware how much the health and vigor of her expected offspring depend upon her care and prudence, and how she may entail on it the evils of a weak, suffering, and brief existence by an ignorant or wilful neglect.

The chief source of consumption and scrofula is inherited. Marriage, at too early an age, of females subject to weakening diseases of their sexual system, or of persons too nearly allied in blood, and more especially in those who are conscious that these diseases, in any of their modes of development, exist in their families or in their own persons, should be avoided ; or conception should be prevented until the most vigorous and wisely-directed means have been used to improve the constitution and remove the tendency to such disastrous results in the offspring. This, happily, can be accomplished, in a great majority of cases, by the continual use of proper means and care on the part of the young wife. (See Appendix.)

A P P E N D I X .

WHEN Celsus, the celebrated Roman physician, was about to describe the diseases affecting the peculiar organs of the Female System, and point out the proper treatment, he thought it necessary to make an apology for alluding to so delicate a subject ; as if a physician in the discharge of his solemn duty were to be reproached in his efforts to relieve the ills of suffering humanity ! But he lived in a dark age—it was a false morality and delicacy that prompted his apology. The authors of the “ Young Married Lady’s Private Medical Guide,” have written no flippant treatise of etiquette, to amuse the ear, or gratify a fastidious taste, but have attempted to perform what they conscientiously believe to be, a solemn duty to the human family ; and no charges either of indelicacy or impropriety shall deter them from their object, or excite any misgivings in their minds that their descriptions of disease are improper, or pandering to impurity of thought and vice, because they desire to inform suffering females of invaluable and certain remedies for their peculiar diseases.

While they would carefully avoid every expression and allusion that would offend the most cultivated and refined taste, they feel solemnly bound, inasmuch as female complaints are so numerous and almost universal, accurately and intelligibly to describe them as they exist, and point out the remedies. This must necessarily require plainness of speech and accuracy of description. In the 6th, 7th, 8th, 9th and 10th chapters of the “ Guide,” it has been the aim of the Authors, to describe with great accuracy, a form of disease almost universal to the

female at some period of her life, and which so effectually and certainly saps the vital energies of the constitution, destroying with fatal certainty, beauty, vigor, health and eventually even life itself.

The secret and insidious nature of these diseases, creeping upon the fair female, unperceived and unsuspected, until the constitution is shocked by the presence of complaints which it is destitute of power to resist or remove, resulting in premature debility and prostration, in these chapters are clearly and fully described—the woful consequences and results of these difficulties in the young girl, the young married lady, herself, her husband and offspring, the almost universal prevalence of some form of exhausting disease to all females in refined and cultivated society—the cases cited from the highest and most reliable medical authority, showing the mode of development of these complaints and their destructive effects upon the health and happiness of ladies, whether married or single, and especially upon the young mother, together with numerous letters written by distinguished ladies in New England, occupying stations of great respectability and usefulness in society—all unite to render the information contained in the above chapters of the greatest value to every female in our land.

By heeding the advice given in this book, young girls of tolerably good constitutions, if their mothers were not the victims of serious female diseases, would never be troubled with these destructive complaints and retain the freshness and beauty, vigor and elasticity of youth, to a much later period of life, become happy, valuable companions, and mothers of healthy offspring.

Those suffering from diseases in their peculiar organs, however severely they may be affected, by carefully following the advice contained in these chapters may arrest the onward, ruinous progress of their diseases, although they will require

remedies for their removal and final cure. Many cases might be cited in which young ladies and married women in Boston and other cities in New England have derived the greatest benefit personally, by carefully observing the directions given in that portion of the above work. Let those who have the "Guide" study its pages carefully, and by heeding its admonitions they will experience the truth of Prov. 3: 8, in their own persons. Those ladies who do not possess that work would greatly benefit themselves by procuring and carefully perusing so invaluable a treasure for all females. It will be sent carefully enclosed, through the Post Office, upon receipt of one dollar.

Those remedies especially adapted to cure female complaints and restore health and vigor to her system, are the result of the cautious experience of physicians who have devoted their lives and professional labors *exclusively to the study and treatment of female complaints*—are prepared from vegetable substances only—are free from all poisonous preparations of any kind and description—do not contain a particle of mercury in any of its preparations, or any mineral substance. They have been used most extensively and effectually by the more intelligent and wealthy families of France and England for the last ten or twelve years—have been introduced into the private practice of several eminent physicians in the United States, until their inestimable value to suffering females has been most fully established, and now, at the earnest solicitation of those who "speak what they do know, and testify to what they have seen" and experienced, are prepared extensively and introduced into this country by the original Proprietors and Discoverers. They are not quack or secret preparations, palmed upon the suffering and credulous by paid newspaper puffs, or forged certificates of cures that were never performed. The remedies recommend themselves whenever they are used, and are put up

by the compiler of the "Guide," and sold from his office for the treatment of Female Diseases, No. 1 Tremont Temple, Boston, Mass.

For recent cases of Leucorrhœa, Fluor Albus, Whites, or other weakening diseases in young ladies, a single bottle used with the observance of proper directions, will often be all that will be required.

Price of Bottle, with full directions, Two Dollars.

For cases of long standing, accompanied with debility and weakness in married ladies, or in persons reduced by a tedious labor, nursing, or other causes, each bottle will be used with another compound in Powder, with full directions for using, &c. Price of Bottle and Powders, Three Dollars.

All letters from ladies will be considered and kept strictly confidential. No diseases of an immoral nature treated. Ladies writing Dr. Doane for advice or medicine will please be particular in stating the length of time the disease has existed, its symptoms, age, occupation, and whether married or single. Each letter containing the price of the preparation sent for, if written as above directed, will be answered in writing by the Doctor, in which all professional advice and directions proper and needful to secure the full benefit of the medicine in each particular case will be given without additional charge.

No letters will be received unless prepaid.

Medicines sent by express, carefully packed, to all parts of the United States and British American Provinces.

Books sent through the Post Office, under the present law, with trifling postage.

It is confidently believed that the proper and extensive use of these remedies will banish from the female a large class of diseases, that render so many of the fair sex unhealthy, pale,

indisposed to exertion, and weak, in the very spring-time of their existence, unfit them to become wives or mothers, and send very many to early and premature graves. The testimony of the highest medical authority in Europe and America might be adduced to substantiate the inestimable value of the remedies. Ladies themselves, of intelligence, education and refinement, could be named as witnesses of the value of these preparations, who have experienced their efficiency in their own persons, and are qualified to judge of their great worth. The testimony of a distinguished State Assayer, that they contain no mineral or poisonous compound, but are safe to the most delicate female frame, while they are efficient in controlling disease, might be adduced over his own signature.

But this savors too much of Quackery, and is resorted to by the thousand and one, who deceive community by palming off worthless and often hurtful compounds as valuable medicines. Every information relative to the nature, genuineness, and efficiency of these remedies will be cheerfully and gratuitously given to every one who will address Dr. Doane, No. 1 Tremont Temple, Boston, Mass., post paid ; and every female by calling at his office will be furnished with abundant testimonials from ladies of high standing in numerous cities in America and Europe, who have experienced the inestimable value of these compounds in exhausting female complaints. Office hours from 10 A. M., to 5 P. M., daily.

To the virtuous young lady who suffers from a weakening, colorless discharge, Leucorrhoea or the Whites, attended with debility, loss of appetite, disturbed sleep, weakness across the back, &c., here are remedies that will remove your complaints, restore you to vigorous health, improve your constitution, and greatly promote your happiness and usefulness. Thousands thus afflicted have found relief by using these admirable preparations.

To those who suffer severely in their monthly periods, have them too scantily, and at too long intervals, with paleness of countenance, general weakness, and indisposition to mental or physical effort,—here are remedies especially adapted to your complaints, by the use of which health and vigor will return to both mind and body.

Those young girls in whom “nature does not appear” at the proper age, who are puny and constitutionally feeble, will find in these remedies the choicest of earthly blessings to them, imparting the rosy hue of health to the cheeks, and giving tone and vigor to the general system.

Those whose monthly turns are too abundant, and long continued, attended with pain in the left side, with shortness of breath and occasional palpitations of the heart—will here find remedies by which thousands have been cured and restored to perfect health, who once suffered from similar complaints.

Those young married ladies who are troubled with Leucorrhœa, Fluor Albus, or Whites, between their monthly periods, exhausting and weakening the bowels, back, and stomach, followed by indigestion, palpitation, headache, costiveness, &c., here can find remedies adapted to their peculiar system, the most efficient and effective in removing disease and restoring them to health and vigor, and the reciprocal enjoyment of married life.

Those young wives who, from constitutional debility, and the consequences of continual disease, are too weak and feeble to conceive seed or become pregnant, or if they are in a family way it is only to miscarry, or give birth to puny, feeble and sickly children, who can hardly be expected to survive the ordinary diseases of childhood, will here find remedies, by the proper use of which, they will become vigorous and healthy, their own constitutions sufficiently active to enable them to beget healthy offspring, enjoying vigorous health.

Those young wives of feeble and delicate health, with a strong predisposition to scrofula or consumption, can here obtain those remedies, with proper professional advice, which will improve the constitution, render them vigorous and competent to become mothers of healthy children, without their inheriting disease, poor constitution or consumption from the mother.

Wives who have repeatedly miscarried, and are suffering much in their general health, may by these remedies be restored to perfect health, and be able to carry the fruit of conception its full time, thus adding greatly to the happiness of an otherwise desolate home.

Sterility, with all its attendant evils and sorrows, will be removed by the proper adaptation of these remedies, as is proved in numerous instances where they have been used.

Those young mothers who have experienced a tedious labor, and perhaps been the victims of some mismanagement resulting in debility and great prostration, have in numerous instances been restored to perfect health and the vigor of early youth, by using these admirable compounds.

Those who do not recover after confinement, but are greatly reduced by nursing, have poor or unsuitable milk for the child, find the most happy results to both by using, with proper advice, these remedies.

Those who have used a variety of treatment, from perhaps the most eminent of the medical profession, for various weakening diseases peculiar to themselves, resulting in Prolapsus Uteri, constant bearing down pain, dragging sensation in the back and loins, for which Supporters and Pessaries have been used in vain, or at best with only temporary benefit, will find here the best remedies ever discovered or used for the cure of these complaints, and the removal of their diseases.

All those complaints to which the peculiarities of the Female system renders her liable, will be treated with the best known remedies and in the most scientific manner.

These remedies are indeed a rich legacy to the Female—the choicest of blessings to her in the treatment and cure of the numerous diseases to which she is peculiarly exposed, and from which so many of the fair sex suffer. No instances have occurred in which they have been used judiciously where they have failed to give entire satisfaction. See the letters published in the “Guide,” pages 111 to 121 inclusive.

No charge will ever be made for advice, oral or written, when medicines are purchased,—and in all difficult cases Dr. D. has the privilege of calling the advice and council of his brethren in the medical profession, and the most eminent men in the medical society.

Nursing sore mouth, and* canker in the mouth, attended by paleness, poor blood, and some weakening diseases in the female system, is most certainly and effectually cured by using these remedies for a short period. They invigorate and improve the blood, remove its impurities and all bad humors, while they promote digestion, giving tone and strength to the system, and thus cure diseases of very long standing even.

Young ladies who are descendent from scrofulous or consumptive parents, and who hesitate with great good sense and judgment, from entering the married state, through fear of becoming mothers of unhealthy, puny, and short-lived offspring, may, by using a judicious course of treatment with these remedies, be restored to constitutional vigor, and freed from the fear of begetting diseased or consumptive children. The earlier in life, after the young lady becomes a woman, the course of treatment is adopted, the more speedy and certain will be the cure.

This may seem like boasting to persons unacquainted with the efficiency and value of the above preparation for Female diseases. They are not remedies for all diseases—but remedies which the accurate and extensive experience, by the best medical men, under the most favorable circumstances, have found to be

admirably efficacious in removing all complaints connected with the peculiar organs of the female, and all those secondary affections arising from those complaints, in the first instance. The medical profession have never, until very recently, given special and exclusive attention to female diseases—hence their almost universal prevalence. The fair sex have been neglected—their complaints have not received that amount of professional study which their great importance and lasting consequences to themselves and offspring require. But thanks to the labors and skill of eminent medical men in Europe and America, a better day is dawning.

Almost every female, before she arrives at 30 years of age, suffers more or less from some form of disease peculiar to her sex. This she is usually doomed to bear in silence—with no remedies to relieve. Indeed, there has been none until the introduction of Derbois' celebrated preparations that could be relied upon, or that claimed to have any special adaptation to the female system. Iron, Tonics, Bitters and Sarsaparilla, have no special and peculiar action upon that part of the female system which is the "centre of sympathies," and centre of influence. They do not remove HER COMPLAINTS. These become chronic and deeply seated, and she drags out her existence in lengthened misery—pale, sickly, weak and unable to endure hardship—consuming her beauty, activity, and enjoyment as a wife, or perhaps mother, and sinks her into a premature grave ere forty years of age. This is the sad history of thousands and tens of thousands in our own land.

Many a young wife becomes the mother of feeble, sickly, short-lived offspring, merely in consequence of disease in her peculiar system, rendering it impossible for healthy processes to be carried on, and her darling child pays the forfeiture of its mother's disease, with its life. Many young ladies become diseased, and finally die in consumption in early life, solely as

a consequence of neglected disease commencing in the organs peculiar to her sex. Disease, then, even if it be slight, is not to be trifled with—for it seriously threatens all that is dear to her in this world, viz. beauty, vigor, activity and general good health. To one and all we would say—you can be cured,—remedies are discovered and prepared by which all this may be prevented. Thousands have been cured and bear witness to the value of these remedies.

The genuine preparations of the Discoverer can be had at the office of Dr. Doane, No. 1, Tremont Temple, Boston, Mass. All letters promptly answered and medicines forwarded. The Dr. will be happy to see any ladies who may wish to consult him professionally, with reference to their peculiar diseases, at his office, No. 1, Tremont Temple, daily, from 10 A. M. to 5 P. M. Dr. D. devotes his entire time and professional attention to the study and treatment of diseases peculiar to the female system, and will treat all such complaints, (excepting such as result from immorality,) giving his personal attendance to patients in the city and vicinity.

Ladies consulting the Dr. by letter will be particular in describing their symptoms, stating age, length of time the disease has existed, occupation, and whether married or single.

All letters strictly confidential, and no letters received unless pre-paid.

Medicines sent to any part of the United States and British American Provinces.

Price of single Bottles of Derbois' Compound for Female Weakness, &c., Two Dollars.

Bottles, with packages of powders adapted to each particular form of Female Disease, with letters of advice and directions, Three Dollars.

Extra large Bottles, with two packages of Powders, &c., as above, Five Dollars.

Dr. D. receives direct from the Proprietors, and has constantly for sale Professors Dunne and Derbois' important, and to many families indispensable preparations for Regulating, Suspending, or Preventing Conception in married ladies. These are the only Preparations that have ever been discovered by which Pregnancy can be controlled with certainty, at the will of the parties. These Preparations have been used for the past 12 years, and in multitudes of cases. They not only prevent Conception in married ladies when used, but also sustain the female system in the vigorous activity of early life, prevent the existence of those weakening diseases so common to females, but promote cleanliness, and enable the wife to regulate childbearing at will, which would be greatly conducive to the happiness of many families. The means are used by the female, are perfectly safe, free from any injurious properties, however long their use may be continued, and when omitted, leave her system in vigorous health without in the least impairing the ability to become pregnant.

It will be needless for the compiler to repeat here what he trusts is already apparent both from the arguments and examples, mentioned in the "Guide," of the invaluable blessings that flow to many families from the use of these Preparations. He trusts by the introduction of these means to meet a want which has long been existing in the community, and which has not only been recognized by every physician, but every person of intelligence even. How many valuable lives are annually sacrificed, how much suffering produced by the often vain attempts to destroy the fruit of Conception. How often do those that survive drag out an existence thus made miserable for life. Yet this risk, fearful as it is, is often willingly incurred, not alone by those who would sinfully shrink from responsibility but by the overtaxed wife and mother, who feels that life and constitution will soon yield to the constant demand upon her system, and who shrinks from the thought of leaving her children orphans.

"They that are whole need not a physician." For such these Preparations are not designed. Let their little ones be as "olive plants around their table,"—but to the feeble, sickly mother who only gives birth to children with the intensest physical suffering—soon to be succeeded by the far greater mental pain of seeing those, only more endeared by such a price, so early laid in the grave, from inherited disease—to the deformed to whom death for the child ere it be born, intense suffering, and often death for themselves is the price of maternity—to the virtuous and overburdened companion of the vicious and intemperate, whose health and vigor are absolutely necessary for her present cares and duties—to those whose mental and physical constitutions are such (and their cases are by no means unfrequent) that the fear of being pregnant entirely deprives them of happiness—to those who have entered the married state before the female con-

stitution is matured, and whose duty it is to suspend for a time its results—to those whose pecuniary circumstances will not admit of an increase of family—to those and such as those, the above Preparations are offered in the sincerest confidence that they will be received as rich and invaluable blessings to many families.

There are many married people who are the unfortunate victims of some constitutional disease, as Scrofula, Fits, Insanity, Consumption, &c., or who have intermarried with blood relatives. Dr. Howe in his Report on Idiocy to the Massachusetts Legislature made in 1853, (See Legislative Reports) says, "of the entire number of Idiots in the State, in all but four instances, he found the parents of these Idiots were either Scrofulous, Consumptive, predisposed to insanity, intemperate, or addicted to sensual vices, or had intermarried with blood relations." Should such people become parents when their offspring must be the certain victims of woful disease, or what is far worse, idiotic? Not when to prevent Conception is entirely safe, and does not abridge the rights and privileges of the married state.

Dr. D's personal attention will be given to the sale of these Preparations, and he trusts that this will be a guarantee to the public that they will be what they claim, and used in such a manner as is consistent with the strictest morality.

These Preparations are put up in sealed envelopes, having the original seal of the Proprietors *on each and every envelope*. These envelopes are put up in Packages containing sufficient for years. Packages neatly put up with full directions for using, and sent to all parts of the United States and the Provinces. Price of Packages Ten dollars. All letters for information, &c., post paid, promptly answered. Packages will be immediately furnished when ordered upon the receipt of the price. Address Prof. F. H Doane, M. D., No. 1 Tremont Temple, Boston, Mass.

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